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Special needs kids join the class

EDUCATION Despite the fears and rumours, a new initiative from the Edmonton Catholic School district may not result in the loss of jobs for teachers and teachers' assistants.

Starting in September, new students with mild to moderate special needs will be placed into regular learning classrooms, according to Lori Nagy, manager of media and community relations services for the school board. "They will have a differentiated program, a personal program developed for them," Nagy said.

YONATHAN SUMAMO/
FOR METRO EDMONTON

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SCAN LIFE
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Learning Curve pg 14



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After a brief stint on the Tonight Show, former host Conan O'Brien has signed a deal with network TBS to host a late-night talk show, set to air in November.

Conan inks late-night deal with TBS

TELEVISION The late-night guessing game is over, with a startling twist: Conan O'Brien has chosen TBS as his future talk-show home.

Expected to debut in November, the as-yet-untitled show will return O'Brien to the air after an absence that began in January when he abruptly left NBC, his employer of 17 years.

O'Brien's new program will air Mondays through Thursdays at 11 p.m. Eastern, which will shift Lopez Tonight, starring George

Lopez, from 11 p.m. EDT to midnight.

O'Brien's show will originate from Los Angeles, where he moved from New York for his short-lived stint hosting The Tonight Show. For the second half of his show, he will face off against Jay Leno, who replaced him.

Upon TBS' announcement yesterday, O'Brien quickly fired out a celebratory tweet.

"The good news: I will be doing a show on TBS start-

ing in November! The bad news: I'll be playing Rudy on the all new Cosby Show," he posted on Twitter.

TBS said that talks with O'Brien accelerated last week after Lopez called O'Brien to ask him to come aboard.

"I can't think of anything better than doing my show with Conan as my lead-in. It's the beginning of a new era in late-night comedy," Lopez said in a statement released by TBS.

THE ASSOCIATED PRESS

Grit calls it quits

Disgruntled Liberal MLA declares he has had enough of David Swann

The upheaval on Alberta's political landscape continued yesterday with a disgruntled member of the Liberal Opposition leaving to sit as an Independent.

Dave Taylor, a former radio host, lost his 2008 bid to become party leader and colleagues say he's been resentful of victor David Swann ever since.

Taylor issued a statement, held a news conference, then went on a radio talk show to say he'd had enough of Swann's leadership at a time when a new conservative party — the Wildrose Alliance — has shot past the Liberals in recent polls.

The defection leaves the party with eight seats in the 83-seat legislature.

"I'm a lead, follow, or get out of the way kind of guy," said Taylor, who was first elected in Calgary-Currie in 2004.

"The trouble with the Alberta Liberals is that nobody's leading, nobody's following, and nobody will get out of the way."

Taylor's move is the latest in a series of party defections at the Alberta legislature in recent months.

Two government members, Heather Forsyth and Rob Anderson, bolted to the Wildrose Alliance in January.

Former cabinet minister Guy Boutilier was ousted from the Progressive Conservative caucus by Premier

"The trouble with the Alberta Liberals is that nobody's leading, nobody's following, and nobody will get out of the way."

David Taylor, MLA, former Alberta Liberal now independent

Ed Stelmach last summer after he criticized a decision to delay a new long-term care facility in his riding. Boutilier, who holds the Fort McMurray-Wood Buffalo seat, now sits an Independent.

Liberal deputy leader Laurie Blakeman said Taylor's discontent can be clearly traced back to the 2008 party leadership race when he lost to Swann.

"There's no question that Dave was unhappy with the result of the leadership and has remained unhappy ever since," Blakeman told reporters.

"I think our meetings will be short and probably less noisy."

Blakeman seemed surprised at Taylor's abrupt announcement.

She said the party recently passed a major change to its energy policy which had been drafted by Taylor as energy critic.

THE CANADIAN PRESS

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METRO EDMONTON

News in brief

NAIT The NAIT Students' Association (NAITSA) sent a release to media last night regarding complaints it received from staff and students after allegedly being told of the suspension of 13 NAIT programs. According to the release, the program suspension proposal was introduced to the Academic Council last Friday. "This decision was tabled, but we have received complaints from staff members and students that they have been advised they will be the last graduating class in these programs," said Tessa Cocchio, NAITSA VP External and NAIT Academic Council representative. "Academic Council is not scheduled to render a recommendation on this proposal until this upcoming Friday."

METRO EDMONTON

Remember genocides, mayor urges

YONATHAN SUMAMO
for Metro Edmonton

A couple of hundred people gathered at the legislature yesterday to celebrate Yom Hashoah, or the Holocaust Remembrance Day.

MLAs and city councilors, including Mayor Stephen Mandel, assembled on the legislature grounds with Holocaust survivors and others hoping to remember the events of the Second World War.

The remembrance included Abraham Goldberg performing traditional Kaddish — a Jewish prayer — and the lighting of candles in memory.

Mayor Mandel used the day of remembrance not only to reflect on the Holocaust



Hundreds gathered at the legislature grounds to take part in Holocaust Remembrance Day yesterday.

caust itself, but on other genocides around the world.

"We always have to re-

member these kind of events not just because of what happened to the Jews and because it was horrific

but it has happened to so many people so many times around the world," said Mandel.

"We keep getting together and saying 'My God, how can this happen,' but it continues to happen."

He then continued to challenge the listeners to never sit back idle and let something like that happen again.

The day of Yom Hashoah has been recognized in the legislature since November 2000, when the Holocaust Memorial Day and Genocide Remembrance Act was unanimously passed.



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LocalTweets

@mcmanus17

#yeg #oilers instead of letting 44 go can't we get rid of the management. in particular anyone who had anything to do with horcoffs contract

@llaurena Hey #yeg Any jobs out there that are fun and challenging with decent pay and benefits? I'm so bored of a desk job!



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WHAT'S ONLINE TODAY

Video

Terry Fox's family launches cancer research effort to mark 30th anniversary of his run at metronews.ca/canada



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Best New Product Awards Spree!



Harry Hodge, left, managing editor of Metro Edmonton, and Andi Ellacott, right, manager of the Beaumont Rexall, congratulate Carol-Ann Dunphy of Beaumont for winning \$500 in products and Rexall gift certificates in the Best New Product Awards Shopping Spree, sponsored by Rexall, yesterday.

WEC fight league making Canadian debut in Edmonton

FIGHTING Following on the heels of its parent UFC organization, World Extreme Cagefighting is coming to Canada.

The WEC will make its mixed martial arts debut north of the border June 20 at Rexall Place in Edmonton.

"They're eager for the WEC to get in there," WEC vice-president Peter Dropick said of Edmonton. "We've had good feedback from that market."

The Edmonton card should have a good platform. It comes eight days after UFC 115 in Vancouver. And it will follow the WEC's highest-profile card to date — the organization's first pay-per-view April 24.

Wanna go?

Tickets will go on sale next Saturday, with a pre-sale starting Thursday for members of the UFC Fight Club or WEC newsletter subscribers.

That card pits featherweight champion Jose Aldo against former title-holder Urijah (The California Kid) Faber in Faber's home town of Sacramento. Also featured is lightweight champion Ben (Smooth) Henderson, who takes on Donald (The Cowboy) Cerrone.

Dropick says he expects three or four Canadian fighters on the Edmonton card. Canadians on the WEC roster include feath-

erweights Mark (The Machine) Hominick of Thamesford, Ont., and Yves Jabouin of Montreal, and lightweight Chris (The Polish Hammer) Horodecki of London, Ont.

"The April show is stacked but we've got a deep, deep roster. We'll put on a strong card," said Dropick.

The WEC looked at Calgary as a possible venue but Dropick said arena availability was the deciding issue. "Edmonton and Calgary, Alberta as a whole is a really good market for us. And Canada, along with Quebec and Ontario," Dropick said from Las Vegas. "It really came down to availability of dates and venues." **THE CANADIAN PRESS**

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Quebec City Mayor Régis Lebeaume is opening the streets of the city to a treasure hunt that will award the winner with a ticket to outer space. The winner will get a chance to briefly experience the weightlessness of space during a suborbital flight. A radio station will distribute clues, with a winner expected by September. **THE CANADIAN PRESS**

Canada



Thirty years later, new hope

Family and friends of Terry Fox, left, launched a new cancer research effort yesterday to mark 30 years since he began his Marathon of Hope. The Terry Fox Research Institute's Atlantic Node would unite cancer-care experts in Atlantic Canada — where cancer rates are among the highest in Canada — with those across the country. The Terry Fox Foundation has so far raised \$500 million for cancer research. **THE CANADIAN PRESS**

Tories mum on Guergis

Prime Minister Stephen Harper was acting on a complaint from a third party when he demoted his embattled women's minister, banned her from caucus and referred her case to the Mounties, the House of Commons heard yesterday.

That was the only progress the Opposition made in demanding answers about why Harper asked the RCMP and the ethics commissioner to investigate former cabinet minister Helena Guergis.

Liberal Leader Michael Ignatieff said the government is hiding behind the investigations.

"There are 'serious allega-



Opposition Leader Michael Ignatieff wants answers about the case of Helena Guergis.

tions' surrounding the conduct of this minister but we still don't know what they are," said Ignatieff.

"How long will the government hide behind the

ethics commissioner and the Mounties? This sordid tale has been going on for six weeks."

But with Harper attending a summit in Washington, the Conservative government wasn't giving any hints about what's involved.

Transport Minister John Baird only said that the allegations were made by a "third party."

He said Harper acted quickly and appropriately when he learned about the allegations against his former status-of-women minister.

"The RCMP and the ethics commissioner will come to their own conclu-

sions, as is proper, on this issue," Baird said.

"The allegations that have been brought forward by a third party do not involve any minister, any MP, any senator — for that matter, any government employee."

Conflict of Interest and Ethics Commissioner Mary Dawson confirmed yesterday she is reviewing a letter from the prime minister regarding Guergis's conduct.

Guergis has said she will co-operate fully with any investigation. She told The Canadian Press the allegations against her are both unfair and untrue.

THE CANADIAN PRESS

Crown making case against terror suspects

TRIAL Crippling Canada's infrastructure and leaving its population devastated were the goals of an alleged homegrown terror cell, a jury was told yesterday as the final trial in the so-called Toronto 18 case began hearing evidence.

Parliament, power grids and nuclear facilities were the intended targets in an attack that Fahim Ahmad hoped Canada would never recover from, the Crown said as it laid out its case against three men arrested almost four years ago.

Three men are on trial, charged with various terrorism offences, but at the heart of the plot were the

machinations of one man plotting destruction, said Crown attorney Iona Jaffe.

"This trial is about a man named Fahim Ahmad, who the Crown alleges led the terrorist group and about some of the men who helped him," Jaffe told the five-woman, seven-man jury.

Ahmad, 25, Asad Ansari, 25, and Steven Chand, 29, were arrested in June 2006 in a police sweep that captured headlines around the world. All three are charged with participating in a terrorist group. They pleaded not guilty to their charges in court yesterday.

THE CANADIAN PRESS

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Afghanistan Another fallen Canadian



Soldiers carry the body of Pte. Tyler William Todd to a transport plane at Kandahar Airfield yesterday, in a ceremony attended by over 1,500 Canadian and NATO troops. Todd was killed by a powerful roadside bomb on Sunday just outside a village near Kandahar City, Afghanistan.

Spotlight back on diplomat who warned of torture

PRISONERS Richard Colvin ignited a political powder keg last year when he told a parliamentary committee that Canada ignored warnings of torture involving Afghan detainees.

The diplomat returns to the public eye today, appearing before the military police watchdog's probe into the treatment of war prisoners in Afghanistan.

It's his first appearance before the cameras since he told a special House of Commons committee last November that nearly all prisoners captured by Canadian troops in 2006 and 2007 were tortured by Afghan authorities.

Generals, senior federal

officials and cabinet ministers denied the charges.

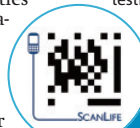
Colvin's testimony will be the first the Military Police Complaints Commission hears from beyond military ranks. So far, the witnesses have all been members of the Canadian Forces and the military police.

Civil liberties groups say Canadian military police did not properly investigate officers responsible for directing the transfer of detainees to Afghan authorities, allegedly at the risk of torture.

THE CANADIAN PRESS

News in brief

TASERS The B.C. government says the manufacturers of Tasers shouldn't be able to dictate regulations surrounding the devices, and hopes the B.C. Supreme Court will disregard the company's attempts to quash the findings of a public inquiry into the death of a man at Vancouver's airport. Taser says the inquiry contained biased and possibly dishonest testimony. **THE CANADIAN PRESS**



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New Roman-era mummy found in Egypt

Egyptian archaeologists discovered an intricately carved plaster sarcophagus portraying a wide-eyed woman dressed in a tunic in a newly uncovered complex of tombs at a remote desert oasis, Egypt's antiquities department announced yesterday. It is the first Roman-style mummy found in Bahariya Oasis some 300 kilometres southwest of Cairo. **THE ASSOCIATED PRESS**

5

World

**Ex-soldier admitted stealing secrets: Docs**

Court documents released yesterday show that a former Israeli soldier admitted stealing classified military secrets to reveal Israeli "war crimes" against Palestinians. Anat Kamm, 23, has been charged with passing information to a journalist with the intent of harming national security. Her case drew wide attention because a court gag order kept her arrest out of Israeli publications, while the world media were reporting it freely. **THE ASSOCIATED PRESS**

Deepest volcanic vent found

British discovery could offer clues to origin of life on Earth

Scientists using a remote-controlled submarine have discovered the deepest known volcanic vent and say the superheated waters inside could contain undiscovered marine species and perhaps even clues to the origin of life on Earth.

Experts aboard the RRS James Cook said they found the underwater volcanic vent more than five kilometres beneath the

surface of the Caribbean in an area known as the Cayman Trough, a deep-sea canyon that served as the setting for James Cameron's underwater thriller *The Abyss*. Geologist Bramley Murton, the submersible's pilot, said exploring the area was "like wandering across the surface of another world," complete with spires of multicoloured mineral deposits and thick collections

"(The scenes around the vent) were like nothing I had ever seen before."

Bramley Murton, geologist

of fluorescent blue microorganisms thriving in the slightly cooler waters around the chimneys.

The scenes "were like nothing I had ever seen before," Murton said.

Volcanic vents are areas

where sea water seeps into small cracks that penetrate deep into the Earth's crust. Temperatures there can reach 400 C, heating the water to the point where it can melt lead.

THE ASSOCIATED PRESS

India Love match

Pakistan's former cricket captain Shoaib Malik and Indian tennis star Sania Mirza pose during their marriage ceremony yesterday in Hyderabad, India.

MOHAMED ABDUL HAKIM/ANSA PHOTO



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Russia says human error may be at fault in crash

TRAGEDY Russian investigators suggested human error may have been to blame in the plane crash that killed the Polish president and 95 others, saying yesterday there were no

technical problems with the Soviet-made plane.

The Tu-154 went down Saturday while trying to land near Smolensk airport in western Russia. The pilot had been warned

of bad weather in Smolensk, and was advised by traffic controllers to land elsewhere — which would have delayed the Katyn observances.

THE ASSOCIATED PRESS

News in brief

CONTROVERSY The Vatican responded yesterday to allegations that it had concealed years of clerical sex abuse by making it clear for the first time that bishops and other high-ranking clerics should report such crimes.

NUKES The White House announced yesterday that Ukraine was giving up all its enriched uranium, marking success for a major U.S. arms control initiative before the Obama-led nuclear summit began. **THE ASSOCIATED PRESS**

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Comment

Tory scandal-free reputation at risk

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

One of the positive claims the Harper government has been able to make is that it has avoided scandal of the on-the-take variety. This government may be

ethically corrupt — there are dozens of examples of underhanded dictatorial conduct — but there have been no instances of anyone lining their pockets.

Corruption of the latter kind stung both the Mulroney and Chrétien governments and hurt the reputations of each prime minister. Jean Chrétien was never tied directly to the sponsorship scandal wherein lower level Liberals were on the take. In the Mulroney government, there were ministerial resignations

over shady dealings and Mulroney himself is still trying to clear his name for having accepted cash payments from German dealmaker Karlheinz Schreiber.

The troubles currently surrounding bad girl Helena Guergis do not appear to be in a league with some of Ottawa's bigger scandals, but the risk is that she torpedoed the government's record of rectitude.

It's rare when a prime minister will call in the Mounties to investigate one of his ministers. Much of

the limited information available points to a possible influence peddling scandal featuring Guergis, her husband, Rahim Jaffer, and assorted unsavoury types with whom Jaffer, the former MP, kept company. The more that is learned about the hot-headed Guergis, the latest being that she could hardly keep staff for more than a week at a time, the more one wonders why the tightly run government didn't rein her in.

Critics called on Harper to fire Guergis weeks ago.

It's something he probably wishes he had done before she started adding to her blunder streak, which began with her childish temper tantrum at the Charlotetown airport.

The PM has often been slow to unload troublesome ministers. He allows them to dangle while the media and the opposition feast.

The Oliphant Commission, which is looking into the Mulroney matter, is due to report within the next month or two. The public

will be reminded of that low-level operation at the same time as the Guergis one is being investigated. It's the kind of link the Harper government was hoping to avoid.

The PM has often been pilloried for being a control freak. With people like Helena Guergis in his cabinet, it's easy to understand why he felt he had to be that way.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Be proactive with your child's safety

InStep

Christine
Williams

If town criers still existed I'd be ringing the bell and shouting warnings to parents to predator-proof their children in light of Graham James being granted a pardon by the National Parole Board.

Our show On The Line has featured many experts from police sex crime units. Recently, we opened our phone lines for public feed-

back about the James case. As we listened to callers express their disgust with the parole board, what struck me the most was the level of fear some parents expressed for their child's safety. I realized just how deep this issue was affecting some parents so we shifted the discussion to one about common sense ways to protect our children.

I'll reiterate some key points that all parents should know when it comes to predator-proofing children. Starting with their M.O., predators typically seek out positions that put them near children. They will even befriend someone with children to be near the

kids. Predators know children well: Their fears and the vulnerable points of entry into a child's heart. They are also proficient liars and will tell your child anything to convince them to comply to their sinister wishes. Luring children on the Internet is another huge problem, so make sure computers are placed in high-traffic areas in the home.

With those horrors in mind, we need to intermittently teach our children about good and bad touches, communicate regularly with them about their day, watch for unusual signs — like reluctance to talk to you and/or withdrawal. It is also vital to keep in regular

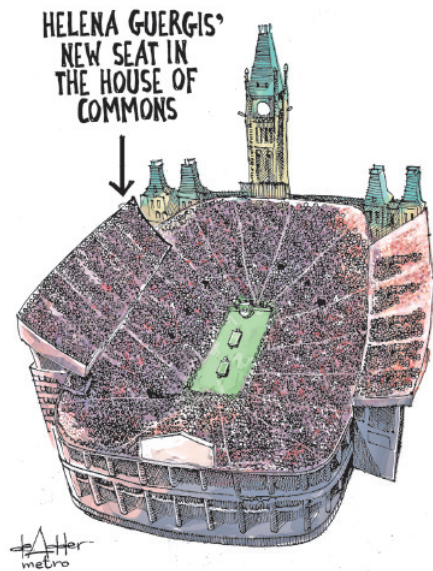
contact with adults who are spending lots of time with our children and have opportunity to be with them alone.

In the James case, as soon as he came out of jail, he went to Spain to coach more hockey. According to former victim Sheldon Kennedy, James has never apologized nor shown remorse.

So while we continue to hold authorities accountable for public safety, taking proactive measures with our children is our best option.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

HELENA GUERGIS'
NEW SEAT IN
THE HOUSE OF
COMMONS



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Canada's oldest retailer, the Hudson's Bay Company, announced yesterday that following the retirement, June 1 of chief executive officer Jeff Sherman, the company will be run out of New York by its owner, Richard Baker, president and CEO of NRDC Equity Partners. **THE CANADIAN PRESS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Economy recovering, but slowly: Poll

The Bank of Canada's spring survey of businesses is providing further evidence that the economic recovery is taking hold, even as key decision-makers expect improvements will be gradual rather than robust.

Canadian firms are saying they expect sales to increase modestly over the next year. They also plan to hire more workers and invest more on new equipment and machinery.

But most companies also report that they are operating below their capacity and expect to do so for at least the next six months.

"Firms expect a modest increase in sales volumes following declines over the past year," the central bank said Monday.

"Firms reported that sales expectations are supported by the U.S. general economic recovery, an improving near-term U.S. eco-

Bankruptcies down

• Fewer Canadian firms and consumers went broke in January compared with December, an indication of improving economic conditions. The 6.7 per cent decrease in insolvencies between December and January of

this year was the biggest in 20 years, according to the federal bankruptcy office. The superintendent of bankruptcy's office says January usually marks an increase in the number of insolvencies.

THE CANADIAN PRESS

nomical outlook, and, in a growing number of cases, their own initiatives to reposition themselves for

growth."

The quarterly survey of 100 key firms is also often cited by the central bank

as a factor in its forecasts and decisions about interest rates.

The latest result, while positive, is also muted enough that it is unlikely to put additional pressures on the Bank of Canada to move more quickly than it otherwise would have on interest rates.

Recently, some economists have predicted the central bank will start raising interest rates at its next scheduled announce-

ment date on June 1, about a month-and-a-half before governor Mark Carney's conditional commitment.

With the economy growing at an expected six per cent clip in the first quarter, on the heels of a five per cent advance in the last three months of 2009, there is no longer any need to keep the policy rate at the emergency level of 0.25 per cent, the analysts argue.

THE CANADIAN PRESS

Toyota problems may date to 2004

AUTO Toyota was seeing numerous customer complaints about software problems in some of its models as early as 2004, according to documents filed as part of a Canadian lawsuit against the company.

The documents from Toyota acknowledge problems with the automatic transmissions in Camry, Sienna, Highlander and Lexus ES vehicles.

"Lexus dealer owners are using the term 'franchise threatening' regarding this issue," says one internal document, dated Aug. 6, 2004, and labelled as confidential.

It adds that the Lexus dealers were doing a good job "shielding" Toyota from the complaints, but warns that a fix is needed soon.

The documents were filed in the Ontario Superior Court as part of a lawsuit against Toyota Canada by a Toronto woman.

Karen Stekel claims Toyota is responsible for an accident in which she allegedly lost control of her Lexus ES330 and drove it into a tree, causing her "serious and permanent injuries."

Stekel's lawyer, Ted Charney, will be in court today to argue that parent company Toyota Motor Corp. should be added to the list of defendants, which currently include Toyota Canada, the dealership that sold Stekel her car and the company that financed the purchase. He will also argue that Stekel should be awarded punitive damages by the company.

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More flights were on time last year

TRAVEL Some things did go right for airline passengers last year: Planes were more likely to land on time and bags less likely to get lost.

As a result, passengers reported fewer complaints in 2009 even while cash-strapped airlines reduced flight schedules and charged for everything from bags and pillows to prime spots in boarding lines.

Airline performance has been improving over the past two years. In 2007, the year air travel surged to its busiest level since before the attack of Sept. 11, 2001, and airline performance suffered a near meltdown. Last year, however, there

were 704 million U.S. airline passengers, compared with 770 million in 2007.

The findings, based on an analysis of government statistics, are in the latest annual report by private researchers.

One cloud in the otherwise friendly skies was a slight increase in denied boardings, mostly bumpy due to overbooking.

THE ASSOCIATED PRESS

Japan Making progress



Japan's Finance Minister Naoto Kan said at a press conference in Tokyo yesterday that Japan is making a solid recovery but faces problems from deflation and debt. Since Prime Minister Yukio Hatoyama swept into power last summer, stock prices have risen and the yen has depreciated, Kan said.

WePad Another rival



Helmut Hoffer von Ankershoffen, managing director of the Neofonie company, poses with the new WePad tablet PC in Berlin yesterday. The German maker of a new tablet computer is setting out to rival Apple's iPad with the promise of even more sophisticated technology.

Takeover rumours send Palm shares soaring

TECH Palm Inc. shares surged yesterday on persistent rumours that the phone maker is exploring the possibility of selling itself to an outside buyer, CBC News Online reported yesterday.

Although the company has declined to comment, the stock was up more than 16 per cent to more than \$6 on the Nasdaq yesterday.

Yesterday's surge comes after Palm shares gained more than 30 per cent last week on the same speculation.

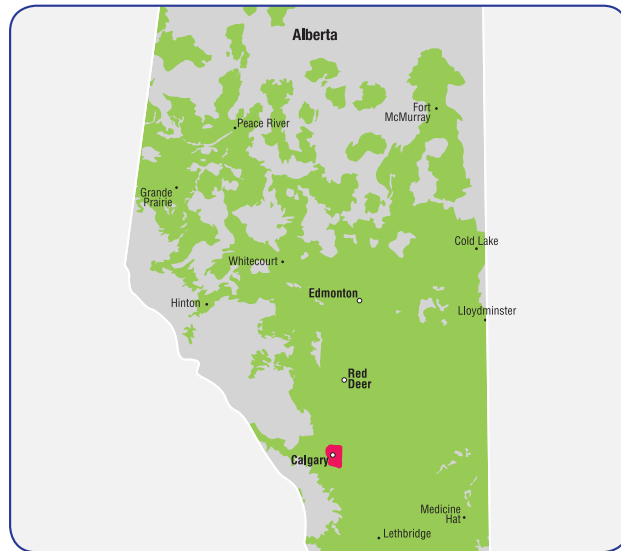
Multiple reports suggest the company has hired investment bank Goldman Sachs Inc. and takeover specialists Catalyst Partners to strategically advise the company.

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Savings means saying 'Me First'

Rule Number 1 of saving: Pay yourself first.



Maria Contreras
RBC Royal Bank
Product Manager,
Savings Accounts

Every savings plan calls for a goal – and the determination to reach it. It's important that you see savings as being just as important as cable, phone, groceries, and your other expenditures. Make this your mantra: I promise to pay myself first. Get into the habit of putting money aside from every paycheck. *Make it a must* – just like paying your mortgage or rent. No ifs, ands, or buts.

Start by having the proper bank accounts. Chances are you already have a chequing account; the one you look at as your primary, day-to-day account for most of your banking needs. Paycheques go in, expenditures go out. But if you're really serious about saving, you need to establish a *separate* savings account.

A distinct savings account ensures that the money you're putting aside for your future goal actually remains dedicated to that goal. Depositing money should be effortless – look for an account that allows simplified online transfers between your chequing and savings accounts. The easier it is to transfer money into your savings account, the easier you'll find it to save. But because life isn't perfect and circumstances can always change, you will also want to look into a savings account that allows you to access your savings in the event you need it – with no strict minimum monthly balances you need to adhere to,

or penalties for accessing your money. If you still find it hard to commit to a savings regimen, let your bank do it for you! Scheduling automatic transfers from your everyday account to your savings account is a manageable, "set it and forget it" method of paying yourself first. You may want to arrange for these "memorized" transfers to occur as soon as your paycheck is direct-deposited into your chequing account. Be sure it's a figure you can live with – let's say \$25 a week (which can add up to \$1300 in just a year!). Soon you'll be putting money away without even thinking about it.

In the meantime, you'll still want to keep your spending top-of-mind. Be sure you can remain committed to saving by feeling comfortable with your spending. Keep tabs on outgoing cash by monitoring your ATM withdrawals, tallying receipts for entertainment and other expenses, and noting any changes in your spending habits. When you know where your money's going, it's easier to see how much you could be keeping. And, who knows – you may even find new opportunities to save!

Next week: Saving against the unexpected.

HOW MUCH WILL YOUR "SELF-SALARY" BE?

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Tuesday, April 13, 2010

10 business

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Don't try keeping up with the Joneses

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

If you listen closely around the urban corridors of this land you will hear the faint sounds of belts loosening. We're spending again! Retail sales have crept up in most categories, notably in footwear (gotta cover those tootsies), appliances and furniture. And as the dollar teases prime, cross-border shopping is, once again, becoming a weekend pas-

But with those numbers comes the question – why are we spending? A surprising number of people



buy stuff in order to keep pace or face with family, friends or co-workers. This kind of spending can put you on a path to debt and dissatisfaction.

One couple I worked with had a circle of friends who went out for a fancy dinner together every couple of weeks, continuing a tradition they'd developed pre-kids. With baby sitters, drinks, tips, etc., they were blowing nearly \$500 a month, money they simply didn't have. The cost just kept mounting up on their credit cards.

After agonizing about their situation they fessed up. To their surprise they found everyone was experiencing similar difficulties with their enjoyable habit. But no one wanted to be the first to say, "We can't afford this anymore." One of

the wives actually wept with gratitude at having their big secret out in the open.

The same group still meets regularly but now they take turns hosting. The kids are stashed in the family room with a sitter hired for the group, the food is potluck, the drinks are BYOB and the entertainment is, wait for it, board games. Each week a different couple dusts off one of the boxes they have stashed in the basement. Clue, Risk, Trivial Pursuit, Cranium, Mastermind, Balderdash. Fun!

Another couple were part of a yacht club crowd. They kept up the membership, even after the husband was downsized, for fear of losing their friends and, even worse, looking like losers. Two years after selling their boat they have a whole new set of friends who kayak.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Consider second-tier companies

Investing

Allan Small

metronews.ca/investing

Many of the large cap companies in the U.S. and Canada saw their stock prices devastated during the recession. However, since then, many of them have bounced back from their lows, with some even doubling in price since March 2009. So, with this in mind, where can an investor put their money to

still take advantage of the growth yet to come?

There are two types of investments. The first would be to choose investments or companies that have lagged the recent rally. These types of investments are becoming harder and harder to find as the market continues to rise, but they still exist.

The second type of investment to consider would be what the market calls "second derivative" investments. These are companies or investments that do well feeding off the success of other companies or investments. Best Buy is an example of a second de-

rivative investment, as it could be the beneficiary of the success of the new products sold through its stores, such as the Apple iPad. With the new iPad being sold through Best Buy, if the product is a success, it could really help Best Buy's bottom line.

Investment ideas that seem to be working in this market have not changed in the last year. The growth areas are still the same. Sectors like technology, infrastructure, financial, commodities and oil have all done well and continue to perform well. However, as their prices rise, these sectors start to look a little pricey for the average investor to make an initial investment.

Allan Small can be reached at asmall@dun-deesecurities.com. The views expressed are not necessarily those of Dundee Securities.

On the web

Money Matters: Henry Choo Chong talks about Ontario's new harmonized sales tax and rebates. Visit metronews.ca/moneymatters to read his column.



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business 11

Your Money

How to avoid pain of real estate fraud

Real estate fraud is a rare thing but experts in the field say that doesn't mean people should assume it will never happen to them.

There are two types of real estate fraud to be concerned about — mortgage fraud and title fraud.

Mortgage fraud is something that is more troublesome for lenders. It involves a fraudster leaving the title or ownership of a property in the current owner's name but mortgaging it without their knowledge, sometimes by fraudulently discharging the existing mortgage.

What the average homeowner has to look out for is title fraud. It happens when a fraudster changes the ownership or title of a property into another name — using stolen identity or forged documents — in order to sell or refinance the property.

Title insurance

- Not only does title insurance protect you now and in the future, it also provides coverage for fraud that may have occurred prior to your purchase of your home.
- The insurance costs about \$200 to \$300, depending on the value of the property, and it is good for as long as you own the home.

You would think that you would know immediately if you had been scammed, but fraudsters aren't entirely stupid and there are ways to delay finding out. "They have gone in and taken the title or put a mortgage on and then they will pay it for two or three months," said Ray Leclair of title insurance provider TitlePlus.

In the meantime, you're getting all your bills and everything looks fine.

Leclair pointed to a fraud

victim in Vancouver who started wondering why he wasn't getting his property tax bill. He called city hall and was told "well, you sold the property."

"It's very ordinary things. You don't get a water bill, you don't get those kind of things that could be a hint that something has changed along the way."

Leclair emphasized the importance of protecting your private information as a way to avoid becoming a target of real estate fraud. In particular, you want to keep your social insurance number confidential. That means not carrying around your SIN card in your wallet where it could be lost or stolen.

With increasing use of recycling bins, people are throwing more mail and personal information in the blue bin. A \$149 shredder buys you some security.

THE CANADIAN PRESS

Tax agency offers online option to pay your dues

Put your chequebook away and skip the long lineups at your bank. My Payment is the latest electronic service available on the Canada Revenue Agency (CRA) website (at www.cra.gc.ca/mypayment).

It's fast, secure, and easy to use. It's like using your debit card online. Funds are transferred from your bank account at a participating financial institution and sent to the CRA in real time. You can even make payments on behalf of family members, all in one simple transaction.

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The Toronto Blue Jays have placed second baseman Aaron Hill on the 15-day disabled list with a hamstring injury. Manager Cito Gaston says the team wants to be cautious with the all-star player and not risk further damage. **THE CANADIAN PRESS**

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA



Newest Jet suspended four games

Newly acquired Jets wide receiver Antonio Holmes, left, was suspended yesterday without pay by the NFL for the first four regular-season games for violating the league's substance abuse policy. The league announced the suspension a day after the Jets acquired the talented but troubled Holmes from the Pittsburgh Steelers for a fifth-round pick in this month's draft. **THE ASSOCIATED PRESS**



Tyler Seguin is the top-ranked North American skater heading into this year's NHL draft, according to NHL Central Scouting.

Luck of draw could reshape Oilers' future

The Edmonton Oilers are hoping the odds work in their favour at the NHL draft lottery.

But whether deputy commissioner Bill Daly draws their name or another team when the lottery is held tonight (TSN, 6 p.m. MT), most scouts feel they cannot lose with two prize choices — Plymouth Whalers centre Tyler Seguin and Windsor Spitfires winger Taylor Hall — there for the taking when the draft is held June 25 in Los Angeles.

Oilers GM Steve Tambellini will be on hand for the live broadcast from a TSN studio along with fellow general managers Peter Chiarelli of the Boston Bruins, Randy Sexton of the Florida Panthers and Scott Howson of the Columbus Blue Jackets.

Balls representing the 14 teams that failed to make the playoffs are in play, and only one is selected.

The winner can move up

a maximum of four positions, so only the bottom five teams in the league standings (except 29th-place Toronto, who traded their pick to Boston) have a shot at the No. 1 overall pick. A team can only drop back one position.

So the Oilers will end up picking first or second, while the Bruins are assured of picking in the top three.

The weighted draw gives the last-place Oilers a 25 per cent chance of winning while Boston has an 18.8 per cent shot. Florida is next at 14.2 per cent, Columbus 10.7 per cent and the New York Islanders 8.1 per cent. **THE CANADIAN PRESS**



Henrik Sedin basks in being the first Vancouver Canuck to take home the Art Ross.

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SCOREBOARD

MLB

YESTERDAY'S AL RESULTS

Kansas City 10 Detroit 5
Texas 4 Cleveland 2 (10 innings)
Minnesota 5 Boston 2
Oakland 4 Seattle 0
Tampa Bay 5 Baltimore 1
Chicago White Sox 8 Toronto 7 (11 innings)

YESTERDAY'S NL RESULTS

Chicago Cubs 9 Milwaukee 5
Philadelphia 7 Washington 4
St. Louis 5 Houston 0
San Diego 17 Atlanta 2
Cincinnati 6 Florida 5 (10 innings)
Pittsburgh at San Francisco

TODAY'S AL GAMES

Kansas City (Bannister 0-0) at Detroit (Willis 0-0), 11:05 a.m.
A. Angels (E.Santana 0-1) at N.Y. Yankees (Pettitte 0-0), 11:05 a.m.
Tampa Bay (Niemann 0-0) at Baltimore (Matusz 1-0), 5:05 p.m.
Chicago White Sox (Floyd 0-0) at Toronto (Romero 0-0), 5:07 p.m.
Oakland (B.Anderson 1-0) at Seattle (Fister 0-0), 8:10 p.m.

TODAY'S NL GAMES

Arizona (J.Kennedy 0-0) at L.A. Dodgers (Kershaw 0-0), 2:10 p.m.
Cincinnati (Arroyo 0-0) at Florida (N.Robertson 1-0), 5:10 p.m.
N.Y. Mets (Maine 0-0) at Colorado (C.Smith 0-1), 6:40 p.m.
Pittsburgh (Maholm 0-1) at San Francisco (Cain 0-0), 8:15 p.m.

NBA

YESTERDAY'S RESULTS

Toronto 111 Detroit 97
Atlanta 104 Milwaukee 96
Charlotte 105 New Jersey 95
Denver 123 Memphis 101
Miami 107 Philadelphia 105
New York 114 Washington 103
Orlando 118 Indiana 98
San Antonio 133 Minnesota 111
Houston at Sacramento
Oklahoma City at Portland
Dallas at L.A. Clippers

TODAY'S GAMES

Boston at Chicago, 6 p.m.
Utah at Golden State, 8:30 p.m.
Sacramento at L.A. Lakers, 8:30 p.m.
Denver at Phoenix, 8:30 p.m.

NHL

PLAYOFF MATCHUPS

EASTERN CONFERENCE
Washington (1) vs. Montreal (8)
New Jersey (2) vs. Philadelphia (7)
Buffalo (3) vs. Boston (6)
Pittsburgh (4) vs. Ottawa (5)

WESTERN CONFERENCE

San Jose (1) vs. Colorado (8)
Chicago (2) vs. Nashville (7)
Vancouver (3) vs. Los Angeles (6)
Phoenix (4) vs. Detroit (5)

Road to Cup looks tougher for Penguins this season

NHL The Pittsburgh Penguins are heading into the playoffs as the fourth seed in the Eastern Conference, just as they did when they won the Stanley Cup last season.

Again, they usually win when Sidney Crosby and Evgeni Malkin show up frequently on the scoresheet, and often lose when they don't. Dan Bylsma is still behind the bench. Marc-Andre Fleury remains in net.

As far as similarities go, that's about it.

Unlike last year, when they jetted into the playoffs as one of the NHL's hottest teams, going 18-3-4 in their final 25 games following Bylsma's hiring, the Penguins are playing erratically. After beginning the post-Olympic break with a four-game winning streak, they won successive games only once more in their final 16 games.

The playoff opponent is very familiar — this is the third time in four seasons the Penguins and Ottawa Senators meet in the first round. Pittsburgh lost in five games in 2007, its first playoff appearance since 2001, but won in a sweep the following season.

Maybe playing the dangerous Senators will "drive us into playing some good hockey," centre Jordan Staal said, starting with Game 1 on Wednesday night.

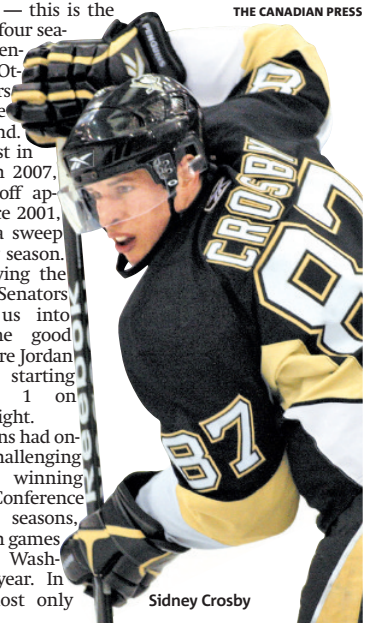
The Penguins had only one challenging round while winning the Eastern Conference the last two seasons, needing seven games to eliminate Washington last year. In 2008, they lost only

two games, one each to the Rangers and Flyers, in three rounds.

The route to the finals appears to be much more difficult this year. As challenging, perhaps, as it has been for the Penguins to "get to our game" — one of Bylsma's favourite phrases and a rarely reached goal of late.

"I like our guys in terms of being playoff tested and playoff proven," Bylsma said. "We know how we are going to need to play."

The biggest concern: The Penguins' inability to beat the conference's top two teams. They lost all four to the Washington Capitals, two in extra time, and all six to the New Jersey Devils. Should the top four-seeded teams advance past the first round, the Penguins might have to beat both teams — each time without the home-ice advantage — to return to the finals for the third straight season. **THE CANADIAN PRESS**



Sidney Crosby

Twins win first game at their new home

MLB The Minnesota Twins have finally moved into their own place.

They held the housewarming party outdoors. After 28 seasons inside the dingy Metrodome, the Twins broke in Target Field by beating the Boston Red Sox 5-2 yesterday behind hometown star Joe Mauer in the first regular-season game at their new ball-

park. Jason Kubel hit the first home run — "I'll remember for the rest of my life," he said — and Carl Pavano earned the first victory.

"I've been waiting a long time," said Mauer, who grew up less than 10 miles away in St. Paul. "It's definitely a special place, and I'm glad it's here." **THE ASSOCIATED PRESS**

Sports in brief

MLB Major League Baseball commissioner Bud Selig says he's concerned about the slow pace of ball games. Selig says some games drag on when pitchers take too long between pitches and hitters constantly step out of the batter's box.

NFL The Tennessee Titans have agreed to terms with Chris Simms, bringing back a quarterback they had in 2008 as he worked himself back into shape. The Titans announced the move yesterday, making Simms the third quarterback on the roster with Vince Young and Kerry Collins.

NFL Authorities announced yesterday that they will not charge Pittsburgh Steelers quarterback Ben Roethlisberger after a college student accused him of sexually assaulting her at a nightclub last month. Ocmulgee Circuit District Attorney

Fred Bright said the 20-year-old student's accusations could not be proven beyond a reasonable doubt, and her lawyer said in a letter that she did not want to press charges.

NFL Jason Campbell has signed his \$3.1-million US tender with the Washington Redskins, taking him off the market as a restricted free agent while leaving open the possibility of a trade. Campbell was given permission to explore a trade after Donovan McNabb was acquired from Philadelphia last week.

NFL Andrea Bargnani had 33 points, Amir Johnson scored a career-high 26 and the Toronto Raptors improved their playoff prospects by snapping a five-game losing streak with a 111-97 victory over the Detroit Pistons last night.

METRO NEWS SERVICES

CN extends sponsorship of Canadian Women's Open

CN extended its sponsorship of the LPGA's Canadian Women's Open through 2013 yesterday. The three-year extension, which includes a two-year option, will see CN also continue its sponsorship of the Canadian Women's Tour and Future Links junior program. **THE CANADIAN PRESS**

Blue Bombers roll dice on QB Pierce

Buck Pierce doesn't want to be labelled a fragile quarterback.

After the free agent signed with the Winnipeg Blue Bombers yesterday, he addressed concerns that he's been injury prone during his five-year CFL career.

One report last season said the former B.C. Lions

Stats

• Buck Pierce has played 86 regular-season games since joining the Lions in 2005, completing 65.2 per cent of his passes. He started 34 games and posted a 21-12-1 record.

starter suffered two concussions in 2009 and a total of five during an 11-month span.

Pierce said those numbers are "false." He confirmed one concussion last season, but noted he returned to

action until an injury to his non-throwing shoulder in October ended his season. "In my mind, there really is no number," Pierce said of his concussion history.

"Things have kind of gotten so blown up and so spread out. You know, it's kind of become like a fairy tale or like an urban legend or something. It's a lot bigger than it is."

"I couldn't even put a number on it. Last time I spoke to trainers, they cleared me. They said I was healthy and that's what Winnipeg needed to hear and that's what I needed to hear."

The 28-year-old New Mexico State University product was released by B.C. last month after the Lions signed Casey Printers to a contract extension.

At the time, new Bombers head coach Paul LaPolice said the team may not be interested in Pierce because of concerns about his concussions. "Once we spent time talking to the B.C. Lions medical staff and then we had our people talk to him, we said there would be no different problems than any other player," LaPolice said after yesterday's news conference.

THE CANADIAN PRESS

Liddell to take on Franklin at Vancouver UFC main event

MMA Former light-heavyweight champion Chuck (The Iceman) Liddell will take on former middleweight title-holder Rich (Ace) Franklin in the main event of UFC 115 in Vancouver June 12.

Liddell had been expected to fight Tito (The Huntington Beach Bad Boy) Ortiz for a third time in the marquee

bout at GM Place. The two are currently serving as rival coaches on Season 11 of The Ultimate Fighter, a reality TV matchup that is traditionally followed by a pay-per-view showdown.

In announcing the card yesterday on its website, the



Chuck Liddell

UFC did not offer a reason for the main event switch. But rumours of Franklin replacing Ortiz on the show and as Liddell's opponent have been surfacing for weeks.

Asked about the reason for the main event change, UFC president Dana White teasingly

texted: "Gonna have to watch TUF."

The 40-year-old Liddell (21-7) has not fought since UFC 97 last April, when he was knocked out by Mauricio (Shogun) Rua. Franklin (27-5 with one no contest) is a former 185-pound champion who now campaigns as a light-heavyweight.

THE CANADIAN PRESS

Sports in brief

MLB Mark McGwire drew a standing ovation before the Cardinals' home opener yesterday, a sign many St. Louis fans have forgiven the former home run king for using steroids. There was a burst of applause even before the official introduction prior to the game against the Houston Astros. McGwire is the Cardinals' hitting coach. **THE ASSOCIATED PRESS**

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Learning Curve

SPECIAL FEATURES EDITOR: SARAH.CAIRNS@METRONEWS.CA

Take your job search online

The Internet offers many benefits for career options

RAFAEL BRUSILOV
for Metro Canada

Planning your career path can seem daunting, but a little web surfing can make your choices a lot clearer.

Going online to research your career options has many benefits — it's convenient, free, involves little personal risk and can be a great starting point to get a sense of what industries and careers are out there that match your interests and skills.

Shirin Khamisa, a career coach at Careers By Design, says while some freestyle web-surfing is fine to get your bearings, make sure you do eventually set goals for your research sessions to ensure you spend your time wisely and don't get overwhelmed or discouraged.

"When you open the computer, ask yourself, 'What are my objectives with this research? What am I looking to find?' That can make a big difference in terms of keeping yourself focused," Khamisa said.

For finding out more about different jobs, the Government of Canada offers a great resource, which lets you search through job descriptions and skill requirements for thousands of occupations, find out what wages and salaries are like in different industries and even where to go to get trained for specific jobs.

Industry Canada also lists thousands of employers throughout Canada under job categories including brief descriptions of companies with their website and contact information as well so you can research individual employers in your chosen field.

Many public libraries and educational institutions throughout the country also offer access to Career Cruising software, which contains in-depth job profiles including information about standard working conditions, expected earnings, education and training needed and

plenty of other great resources.

Similar information can be found at the National Occupational Classification offered by Human Resources and Skills Development Canada.

Khamisa says the right attitude is crucial when searching out career options — keeping an open mind makes the process less intimidating and can inspire you to consider career changes you might never have thought of before.

"Going into your research with a light-hearted approach will really help you consider more possibilities. Let your interests guide you and investigate fields and industries that pique your curiosity.

"Having that adventurous spirit really helps people move forward with change," Khamisa said.

Log on

- Here are a few sites to get you started, suggested by career coach Shirin Khamisa (careersbydesign.ca):
- Government of Canada: labourmarketinformation.ca
- National Occupational Classification: hrsdc.ca.ca
- Industry Canada: ic.gc.ca



Going online to research your career options has many benefits — it's convenient, free, involves little personal risk

Make the transition from school to work with real-world experience

RICHARD WOODBURY
for Metro Canada

Unfortunately, there is no 1-2-3 guide to help students transition from the classroom to the professional workplace, but for 24-year-old James Haga, the key was applying what he was learning in the classroom to activities in the real world.

"Throughout the time I spent in university and college, the most important thing I did was ... getting out of the school and into the community," says the

24-year-old director of advocacy for Engineers Without Borders Canada.

As a student, Haga volunteered in the social sector, which includes non-profits and non-governmental organizations. This enriched his learning experience, something many of his classmates didn't do.

"They were scared they wouldn't be able to find work in that area and you're not going to be able to find it unless you go out and make yourself available," he says. "The earlier you do, the better off you're going to be."

The Vancouver resident studied international studies and graduated from Simon Fraser University in 2008.

It's also important that students be willing to seek out help, says Chris Nguyen, a 27-year-old from Toronto

who graduated from Ryerson in 2005. This could include talking to former grads or individuals one would define as successful.

"Don't

be afraid to ask. Ask for help," he says.

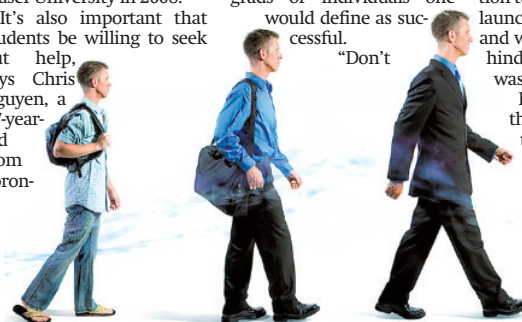
Nguyen studied information technology and recently launched teamsave.com, and was one of the faces behind jobloft.com when it was introduced.

Even if students take all the right steps, it will take time for those efforts to pay off, says Jessica King, a 31-year-old Halifax resident who graduated from the Nova Scotia's Community College's tourism and hospitality management program in 2007.

"The biggest thing is to realize you aren't necessarily going to walk out of college right into a supervisory position," she says.

In the three years she's been with Delta Hotels, King worked her way up from guest services to HR coordinator for the two Halifax locations.

"You're going to need to start somewhere and gain the experience so you not only gain the knowledge, but the respect of your colleagues in order to take that step," adds King.



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a special feature that focuses on education and student life.

7 steps to keep you grounded in the hunt

YLVA VAN BUUREN
for Metro Canada

Looking for work can be one of the toughest jobs you ever have to do. While it's important to establish good work habits during this time, experts advise that you also build activities into your day that help reduce stress and keep your spirits high. Here are some to try:

Breathe

To centre yourself any time, Laura Warf, a fitness and mind/body specialist in Saint Saveur, Que., recommends this yogic breathing exercise. With your hands together at the sternum in a prayer position, take a deep breath in to the count of four and sweep the arms open and up as if drawing a big circle. When hands are above your head, slowly bring hands back together

"At the end of the day, try to look at this time of transition as a gift of time. It's an opportunity to take a breather from the busy working lives most of us have."

David Posen, stress expert

to the count of four and down the centre line back to your heart.

Meditate

When you are feeling frustrated or depressed, sit quietly and observe your feelings. Whatever comes up — sadness, tears, etc. — allow them, says Warf. Stay with the emotion until it passes and you have a feeling of peace. It usually takes a few minutes.

Use affirmations

At any time during the day, repeat a meaningful affirmation to yourself. One suggestion: "I have the pow-

er to manifest my dreams."

Practice yoga

Certain poses affect the way you feel about yourself. For example, the Tree pose is grounding and energizing. Warrior 1 and Warrior 2 are empowering poses that connect with your energy centre and build confidence. Child's pose is a restorative and relaxing pose.

Aerobic exercise

Use any type of regular physical activity to take your mind off your troubles and reduce anxiety and stress, says Oakville, Ont.,

stress expert David Posen. Feel-good hormones released during aerobic exercise help improve your mood.

Time-outs

Schedule regular time-outs (go for a walk, work on a puzzle, learn to play an instrument) to clear your mind.

Use visualization

Sit quietly in a relaxed position. Close your eyes and visualize your perfect job and work environment until your breathing is slow and deep.

"At the end of the day, try to look at this time of transition as a gift of time," says Posen. "It's an opportunity to take a breather from the busy working lives most of us have. Pace yourself and make the time pleasant while you job search."



Meditation and visualization are two techniques you can use to reduce stress during your job search.



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Walk on the social side

U of A nursing students get first hand look at poverty issues facing Edmonton

YONATHAN SUMAMO
for Metro Edmonton

Students at the University of Alberta recently got the chance to do some learning, outside of the classroom that is.

First-year students in the Faculty of Nursing went on what they called a Social Issues Walk in the inner city of Edmonton to have a first hand look at the issues surrounding poverty in the city.

The Social Issues Walk is a new initiative taken on by Mustard Seed Edmonton and the U of A Faculty of Nursing.

The Mustard Seed is an organization designed to provide relief and help to people dealing with poverty.

Leanne Janzen, manager of public education with Mustard Seed, explained that it started in January, with about two groups going for the walk per week. Their last walk took place April 8, which brought a total of 184 students taking



First-year Faculty of Nursing students at the University of Alberta take part in a Social Issues Walk to learn more about poverty issues facing their future patients.

part in the four-month period.

Vera Caine, assistant professor for the Faculty of Nursing, said she hopes nursing students who took part in the walk will learn something they won't be able to pick up in a classroom.

"Poverty, we see almost anywhere in the city, so it's not inclusive to the inner city, and our students will encounter people living in

"It's so important to have an understanding of where they are coming from and a different level of respect for them."

Rachel Reinhart, nursing student

poverty throughout their careers as nurses," Caine said. "So for us, it's really important to give them the education early so that we hopefully, in the long run, encounter less judgment and stereotypes."



but the lessons they had learned that day would greatly benefit them in their career as nurses.

"It's so important to have an understanding of where they are coming from and a different level of respect for them," said Rachel Reinhart, a first-year nursing student. "It just opens your eyes and lets you under-

stand that they are just like any other person that you will deal with, but they are just coming from a different background." All though this it the first year of the initiative, both members of the Mustard Seed in Edmonton and Faculty of Nursing said they thought it was a success and hope to carry it on next semester.

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NAIT working to make oilsands greener

CODIE McLACHLAN
for Metro Edmonton



The Northern Alberta Institute of Technology (NAIT) and the Leducor Group of Companies are investing millions of dollars in a bid to make the oilsands more environmentally friendly.

Both entities will invest \$1.5 million for a total of \$3 million to establish a research chair to seek a solution to make the oilsands more sustainable.

"The chair will be joining us in July and it will be over the summer where we intend to build the team," Stuart Cullum, executive director of novaNAIT said. NovaNAIT is the school's centre for applied research and energy transfer.

"The lab is already there, ready to be used, and the expectation is that the research will actually be starting in a significant way in the fall."

According to Cullum, the research will be focused on real-world problems and results that will



NAIT and the Leducor Group of Companies are investing \$3 million in research to make the oilsands more sustainable.

be applied in the oilsands. "The intention is to provide scientific investigation and solutions using green chemistry and engineering," he said. "The

idea is that there will be a designing of chemical products and processes that will reduce or eliminate the use and generation of hazardous sub-

stances.

"There's not a silver bullet, so to speak," Cullum added. "At the end of the day, the oilsands have to be environmentally conscious

as well as economically viable, and really, our intention is to use this program to help the industry address both issues to become more environmen-

tally sustainable, but as well, maintain the economics to remain sustainable as an industry."

NAIT hopes that, as a result of this research, a new curriculum will be developed for students within the next two years.

"The expectation is that, out of this research program, there will be opportunities for students to engage in the work, both in a lab as well as in the field," Cullum said. "There is an intention to start a green chemistry and engineering curriculum, and that's already an ongoing process."

Cullum noted that although the specific focus of the research chair is unknown at this time, it's likely the tailings ponds issue will be impacted.

"I think there are opportunities within the tailings ponds issue, with the use and re-use of water, in particular, that we could engage in," he said. "Whether it is directly tied to the tailings ponds or indirectly tied to the tailings ponds, I think it's safe to say that there will be an impact in that area."

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Concordia student nets spot

ANDREAS MORSE
andreas.morse@metronews.ca

Jordan Anstice has
basketball in her blood.

The 20-year-old Concordia University College of Alberta sophomore was raised with an orange ball in her hands. Both her mother Darlene and fa-

ther Brian have played basketball all their lives and they passed that passion on to their daughter.

"All my family members have played it or do play it," said the third year Bachelor of Arts student. "It's very much in our household."

The devotion to the game has paid off in spades, most recently Anstice was named to the 2010 CCAA Women's Basketball All Canadian team. Each award recipient is selected by their individual conference based on his/her performance and contribution to both their sport and their team.

For Anstice, the award ceremony at the University of British Columbia Okanagan was bitter sweet. Her mother and best friend joined her at the ceremony, but something was missing.

"Being there without my teammates wasn't that fun," said the Concordia Thunder co-captain. "But being there and being honoured was awesome."

In her three years with the Thunder, Anstice and her teammates have en-

joyed some success. They won provincials in her first season and went to nationals. This year they won bronze in provincials, which Anstice said was a good accomplishment, but she and her teammates expected better.

"It was a good experience (winning provincials) just to see what it takes to get there; the hard work that it takes. As a rookie, that was pretty sweet to experience that my first year," Anstice said. "We were a little disappointed with bronze (this year), even though that is a good accomplishment, we really thought we were going to nationals."

Anstice has one more year to achieve that goal with the Thunder, and she said she's at the right school to do it.

"We have a lot of success in athletics at Concordia. Our soccer team actually won nationals this year," she said.

"We're a small school, but the people that go there are very hard working, we all have a hard-working background, and I think that's why we're so successful."



Concordia University College of Alberta sophomore Jordan Anstice has been named to the CCAA women's basketball team.

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EDMONTON CATHOLIC SCHOOLS

52-Week internship offers unique perspective

KEITH CARMAN
for Metro Canada

Who says today's youth can't hold a job? In the course of one year — February 2007 to March 2008 — 28-year-old Vancouverite Sean Aiken had 52.

Yes, the Business Administration graduate held one job per week for a year. This quick employment turnover is exactly what Aiken set out to do: Discover where to turn after school — with the world at his fingertips.

"When I was looking for a job, I saw these interesting-sounding titles, but had no

idea what the job would actually be like," he admits about the impetus for what came to be dubbed the One Week Job Project.

The concept quickly picked up momentum, taking Aiken around North America to employ as everything from the good (Cancer Fundraiser for Princess Margaret Hospital Foundation, fashion buyer and organic dairy farmer) to the bad and ugly, most notably disliking picking cat-



Sean Aiken

tails in a swamp. "It was plus-35 (degrees), tonnes of bugs, smelled bad and had gruelling 12-hour days."

As a means of sharing this opportunity, the One Week Job Co-Op Program has been established. Taking place this summer, three candidates will participate in eight prearranged one-week jobs earning both knowledge and a \$3,000 honourarium. Aspiring applicants are encouraged to visit one-weekjob.com for conditions.

Those tepid about testing the waters of fleeting finances need not worry, however. Aiken has completed both a documentary

chronicling his endeavour as well as a book (Penguin Group) providing a more in-depth account. Through his writing, readers share Aiken's memorable on-site moments, ingest internal thoughts and glean lessons from his employers. He also offers insight via his website/social networking with the most popular — and obvious — question being that after such a massive undertaking, has Aiken discovered his calling?

"Yes," he winks building anticipation, "and I invite you to find out by reading the answer in the last chapter."

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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

You go, Curl! Expert tips for curly-haired girls

Breaking down the dos and donts to keep your locks bouncing like they were born to do

JANINE FALCON
for Metro Canada

If you have curls, you're not wrong in thinking yours is one of the most challenging hair textures.

On the set of *Sex and the City 2*, Sarah Jessica Parker's 'do took the longest to style, according to lead stylist Frank Barbosa, spokesperson for Schwarzkopf Professional. "I blew out Sarah's hair then put all the curls back in with a hot iron," he explained.

For most of us, two hours with a professional on hand each a.m. isn't the norm, so the pros share their best tips on getting great curls when they're not around.

THE CUTTING EDGE

The wrong cut for curly hair can be a disaster — think pyramid-heads and hockey hair. Kevin Murphy, an Australia-based stylist who does hair exclusively for magazine and advertising photoshoots, puts it simply.

"Go to a hairdresser with curly hair. The only people who know about curly hair are people who have got curly hair, so pick the person who has hair most like the hair you want."

MOISTURE MANAGEMENT

"Really curly hair can get dry very easily," points out Charles Baker Strahan, whose celeb-hair clients include Leighton Meester and Scarlett Johansson. That's because natural sebum has a tough time travelling from the scalp down the curly-hair shaft.

Using a brush would help, but when it comes to curls, brushing is a big no-no (use a wide-tooth comb instead, when hair is damp).

To compensate, Strahan recommends starting with a hydrating shampoo and conditioner such as Herbal Essences Hydralicious. "Hydrated hair always

styles better," he adds.

If you find that you have to wait two days after shampooing for your curls to look good, could be you're using cleansers too harsh for your hair, says Jessica McGuinty of Jessicurl, a line she developed first for her own mass of corkscrew curls, then in response to growing demand from the community on naturallycurly.com.

"Look for sulfate-free products," she advises. Check labels instead for decyl polyglucose, a very gentle cleanser that doesn't strip hair.

Herbal Essences Hydralicious Self-Targeting Shampoo, \$3.99 at drugstores.

For conditioning, she prefers silicone-free formulas, such as Jessicurl Too Shea! Extra Moisturizing Conditioner, which contains aloe vera, shea butter, and jojoba and avocado oils.

STYLE COUNSEL

Choose your styling product according to your hair type.

"Fine curly hair needs styling product with a little less moisture but that sets the curl in," says Murphy.

If your hair's on the thin side, try a curl-enhancing mousse — the texture adds volume. If you have thick curls, you need something a little more emollient, like a cream.

Murphy also says to apply product when hair is still mostly wet, about 60 per cent. Celeb stylist and John Frieda consultant Harry Josh, who works with Amanda Seyfried, agrees, especially when it comes to preventing frizz.

In fact, he says keeping wet hair wrapped in a towel can make things worse.

"You take it off and the outer layers and hairline, which frizz the most anyway, are already dry and frizzy from being in contact

with the towel."

For a defined curl without using a blow dryer, Pantene Consulting Stylist Denis Binet says to

comb through a curl cream such as Pro-V Anti-Frizz Crème from root to tip, then "wrap several strands around your finger and tighten the lock. If your hair is very long, pull it up with clips while it dries so that the weight of the water doesn't make the loops fall out."

FINISHING TOUCHES

All styling pros agree: the less you handle your curly hair before it dries, the better. But according to Susan Konkin, curly-hair expert at Delineation Hair & Skin Essentials in Toronto, a fluffy microfibre Hand Dry Hair Glove can improve your touch after you've applied your styling product.

"You can work scrunching, twisting and squeezing your curls without adding frizz while the gloves quickly absorb excess water, which cuts down the drying time."

And don't discount the value of a professional curling iron to help shape random curls for a polished finish, especially if you've got unruly greys to contend with, advises Josh.

To refresh droopy curls without adding water, which can cause frizz, try

TRESemmé's new Fresh Start Waterless Foam Shampoo for Dry/Curly to Normal Hair.



Hand Dry Hair Glove, \$24.95 (2 pack), at delineation.ca and select beauty supply stores.



Jessicurl Too Shea! Extra Moisturizing Conditioner, \$17.50 at delineation.ca.

Kevin Murphy Motion Lotion enhances fine curly hair, \$22; kevin-murphy.com.au for salons.

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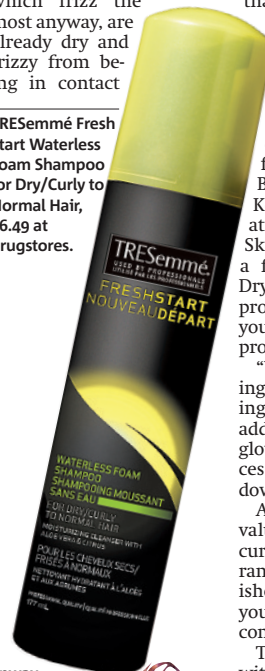
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TRESemmé Fresh Start Waterless Foam Shampoo for Dry/Curly to Normal Hair, \$6.49 at drugstores.



Fab curls on the runway recently at Montreal Fashion Week's Fall 2010 shows.



To celebrate Earth Month, participating Starbucks Coffee Canada stores will offer customers who bring in a reusable travel mug a complimentary cup of brewed or iced coffee this Thursday. This the fifth year the company has offered the promotion. **METRO NEWS SERVICES**

Food



Grocery shop... smarter

Estimating rather than doing mental math as you shop for groceries can help you stay on budget, according to new research in this month's *Journal of Marketing*. Using a calculator to tally up the goods in your grocery cart produces the most accurate results, but rounding up or down to the nearest dollar will yield better results than trying to add \$2.49 to \$3.76 to whatever else you put in the cart, says the study.

TORSTAR NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Go for the club



PHOTOGRAPH BY JIM NORTON



Chicken Club Wrap with Garlic Mayo.

Apple Rhubarb Turnovers.

Chicken Club Wrap with Garlic Mayo

PREP: 5 MINUTES
COOK: 10 MINUTES
MAKES 4 SERVINGS

INGREDIENTS:

- 8 slices bacon
- 4 boneless skinless chicken breasts
- ½ tsp (2 mL) each salt and pepper
- 1 plum tomato
- 4 large tortillas
- 4 romaine lettuce leaves, chopped

Garlic mayo:

- 1 large clove garlic
- Pinch salt
- ¼ cup (50 mL) light mayonnaise
- 1 tsp (5 mL) lemon juice
- Dash hot pepper sauce

METHOD:

Garlic mayo: Mince garlic with salt until smooth paste; stir into mayonnaise along with lemon juice and hot pepper sauce. Set aside.

In skillet, fry bacon until crisp; set aside on paper

towel. Drain fat from pan. Holding knife horizontally, slice each chicken breast through thickest part and open like book; pound to even thickness. Sprinkle with salt and pepper.

Cook in same skillet over medium-high heat, turning once, until nicely browned and no longer pink inside, 6 to 8 minutes.

Transfer to cutting board and slice. Slice tomato in half lengthwise; slice crosswise.

Spread Garlic Mayo over tortillas. Top with chicken, bacon, lettuce and tomatoes. Roll up; slice in half.

Apple Rhubarb Turnovers

PREP: 20 MINUTES
CHILL: 30 MINUTES
COOK: 30 MINUTES
MAKES 8 TURNS

You will have more than enough icing, so you may want to drizzle on a little extra. If you're in a hurry,

2% cash back at eligible grocery stores¹.



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use 1 package (397 g) frozen puff pastry instead of making your own.

INGREDIENTS:

- 1 each large Golden Delicious apple and Granny Smith apple (1 lb/500 g total)
- 1 cup (250 mL) chopped rhubarb
- ¼ cup (50 mL) granulated sugar
- 2 tbsp (25 mL) all-purpose flour
- ½ tsp (2 mL) lemon juice
- ¼ tsp (1 mL) cinnamon
- Pinch each ground nutmeg and salt
- 1 egg

Pastry:

- 2½ cups (625 mL) all-purpose flour
- 2 Tbsp (25 mL) granulated sugar
- ½ tsp (2 mL) salt
- ¾ cup (175 mL) cold unsalted butter, cubed
- ¾ cup (175 mL) ice water (approx)

Cream cheese icing:

- 1 cup (250 mL) icing sugar
- ¼ cup (50 mL) cream cheese, softened
- 2 tsp (10 mL) lemon juice
- 1 tsp (5 mL) water

METHOD:

Pastry: In bowl, mix together flour, sugar and salt. Using pastry blender or 2 knives, cut in butter until mixture is in large

crumbs. Drizzle with water, tossing with fork until dough comes together and adding up to 2 Tbsp (25 mL) more water if needed. Divide in half; shape into discs. Wrap each in plastic wrap; refrigerate until chilled, about 30 minutes.

On lightly floured surface, roll out each disc to 18- x 8-inch (45 x 20 cm) rectangle. Let rest for 5 minutes.

Cut each into 4 rectangles.

Meanwhile, peel, core and chop apples into ¼-inch (1 cm) chunks.

In bowl, toss together apples, rhubarb, sugar, flour, lemon juice, cinnamon, nutmeg and salt. Spoon about ¼ cup (125 mL) onto half of each rectangle. Fold remaining half over filling to enclose. Press edges with tines of fork to seal.

Whisk egg with 2 tsp (10 mL) water; brush over turnovers. Bake on baking sheet in 425°F (220°C) oven until golden, 30 to 35 minutes. Let cool completely.

Cream cheese icing: In bowl, beat together icing sugar, cream cheese, lemon juice and water. Using fork or pastry bag with fine tip, drizzle icing over turnovers.

online

For more recipes, visit canadianliving.com



Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Classic vinos

I hope that you're having a great day because I sure am. As you read this I'm in Italy — my second favourite country on Earth. I'm here in Verona (in the country's northern province of Veneto) for Vinitaly: One of the world's largest wine shows and, for the next few days, the home of just about every major Italian winemaker.

Romeo and Juliet got their groove on in Verona and the city's surrounding grape growing regions of Soave, Bardolino and, of course, Valpolicella are some of the most famous and familiar in Europe.

Of the zillion things to love about Italy, the relaxed pace is close to the top of my list and there isn't a wine that goes better with doing nothing than Amarone. Made in Valpolicella from dried grapes, it's called the conversation wine because it's a rich, full-bodied sipper (which can be dry or sweet) that goes better with some cheese and a chat than it does with a major meal.

Masi's 2005 Costasera Amarone Classico (\$37.95 - \$49.99) typifying the full-figured, raisin-infused drier styles, with **Cantina di Negrar's 2005 Amarone della Valpolicella Classico** (\$34.95 - \$40.99) balancing a similar depth with more of a plum influence.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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A recent survey commissioned by Dr. Oetker has uncovered that two-thirds of Gen Y Canadians are looking to spend more time baking and more than 85 per cent of all Canadians believe it is an important activity to teach their kids. **METRO NEWS SERVICES**



Former supermodel Sophie Dahl, known for her voluptuous curves, has channeled her love of food into a new cookbook and TV show.

Dahl is a *model* chef

New book takes former cover girl from runway to kitchen

CELIA MILNE
for Metro Canada



Supermodels aren't known for sumptuous cooking and extravagant eating, but Sophie Dahl has broken the mold.

Dahl, 32, who has graced the cover of *Vogue* and posed nude for an Yves Saint Laurent Opium ad, is the proud author of *Miss Dahl's Voluptuous Delights* (HarperCollins), a new cookbook that dishes sensual pleasure through food. Though she has certainly tried her fair share of diets — and talks about them in the book — Dahl has overcome earlier weirdness about food and answered what she calls a siren call to the kitchen. "I live for cookbooks. I go to bed reading recipes," she told Metro in a phone interview from the U.K., where she lives.

Recipes such as Vegetarian Monkfish with saffron sauce, Coconut Curry with

"Words are as important to me as recipes. I love all those round words like abundance and voluptuous."

Sophie Dahl, author & former model

Shrimp and Poached Eggs on Portobello Mushrooms with Goat's Cheese are lovingly presented and beautifully photographed.

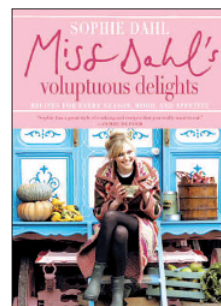
Dahl is a vegetarian — "the hangover of a hippie childhood" — so the recipes reflect that. In her modelling days, she was known as "the voluptuous Sophie Dahl" because she wasn't paper-thin like most models.

"When I started modelling I was a curvy, round 18-year-old. As I got older I stopped sticking my head in the fridge every two minutes and started exercising, so then I wasn't so round. The great voluptuous Sophie Dahl, there's a myth to the whole thing," she says.

In the cookbook, she writes playfully about the

effect her curvaceous figure had on people. "The photographers at the end of the runway would sometimes catcall and whistle. It had been a long time since the advent of tits in fashion, so they were pretty enthused."

Writing is in Dahl's genes. She's the granddaughter of the famous Roald Dahl, author of children's books *James and the Giant Peach* and *Charlie and the Chocolate Factory*. She shares his famous sense of humour, which comes through in the names of her recipes. Try *Hangover Eggs* ("when nothing but a fry-up will do") or *Coquette's eggs*, which she served once to then-boyfriend Jamie Cullum, who is now her hus-



Miss Dahl's Voluptuous Delights by Sophie Dahl.

band.

Dahl has already written one novel and is writing another. She's also working on a cookery show for BBC, "like the world needs another!" she laughs.

"As much as I love food, I also love words," says the prolific Dahl. "Words are as important to me as recipes. I love all those round words like abundance and voluptuous."



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Angelina P.

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New ways to use the veggie peeler

TIPS Kitchen gizmos are usually created and marketed with a sole purpose that's obvious from the name — vegetable peeler, garlic press, potato masher. But as chefs and food experts know, most tools can be put to use in a multitude of ways that make your cooking easier, faster or more impressive.

Take the vegetable peeler — a kitchen essential for getting to the heart of carrots and potatoes.

Ann Taylor Pittman, food editor of *Cooking Light* magazine, uses the peeler to shave hard cheeses like Parmigiano-Reggiano, pecorino Romano and Asiago.

"The beautiful shavings have a bigger flavour impact than grated. Nice for topping salads, pasta, pizza or flatbread," says Pittman.

Kate Merker, associate food editor at *Real Simple* magazine, recommends using a vegetable peeler for removing strips of citrus



Use a vegetable peeler to create strips of citrus zest.

Peeling outside of the kitchen

• Kate Merker, associate food editor at *Real Simple* magazine even finds uses for her vegetable peeler outside the kitchen. Use the peeler to re-

vive the aroma of scented ornamental soaps by shaving just a bit off the underside, she says.

THE ASSOCIATED PRESS

zest (usually lemons, limes and oranges) to use for twists in cocktails.

And Food Network's *Clair Robinson* puts peelers to use in baking, using them

to shave chocolate. "I have even used it to shave butter ribbons for decoration or to melt frozen butter super quick!"

THE ASSOCIATED PRESS

Food in brief

WINE Ordering the "house" wine at a restaurant used to mean bracing for the possibility of something fairly funky. But these days you can expect some class in that glass as high-end restaurateurs find their inner vintner. One of the

newest entries comes from Freemans restaurant in New York's Lower East Side, selling a Pinot Noir, Freemans Cuvee, made with Hirsch Vineyards in California's Sonoma Coast wine region. "I look at this as a collaboration - like when fash-

ion labels do a collaboration like Rodarte for Target," says Freemans co-owner William Tigertt. "It's something fun and different." Tigertt also is launching a retail label, Gothic Wines.

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Hirsch joins Darkest Hour

Emile Hirsch appears to have jumped aboard alien invasion thriller *The Darkest Hour*. The 28 Days Later-style film sees a group of travelling American teens in Russia caught up in a battle against marauders from the stars. EMPIREONLINE.COM

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Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

**Much more Miley**

Miley Cyrus will perform and co-host the 2010 MuchMusic Video Awards on June 20. "I can't wait to get back to Canada and perform for all of my fans," she said.

METRO NEWS SERVICES

Junos sing a different tune

TheAudioFiles**Bryan Borzykowski**metronews.ca/music

Almost every year the Juno Awards ceremony ends up a huge disappointment.

When Celine Dion was nominated for six awards in 2008 and Nickelback for five the year after, I just couldn't find the energy to tune in and watch the show. This year's event in St. John's, N.L., is a different story.

Despite Michael Bublé being up for six awards, this

may be the most diverse, and representative, list of contenders in years. You can see who's nominated for what at junoawards.ca, but the likes of Metric, Joel Plaskett, Handsome Furs, Billy Talent, Justin Bieber, Arkells and Drake are all up for hardware.

In the past it was easy to call the winners — Nickelback or Celine Dion — but this year there's no clear champion. So, I'll probably get this wrong, but for fun, let's try to pick some of this weekend's victors.

JUNO FAN CHOICE AWARD Easy, that one's going to Nickelback. (Somehow they're still getting nominated for an album that came out in 2008.)

SINGLE OF THE YEAR These are all great songs, but I'm go-

ing with Drake's *Best I Ever Had*. While he's got the international cred that often woos the Canadian Recording Arts and Sciences members, this smooth, mid-tempo hip-hop tune really is award worthy.

ALBUM OF THE YEAR Bublé's going to win. *Crazy Love* topped both the U.S. Billboard chart and Canada's music

Drake could take home the Juno for new artist of the year.

charts and it's actually a pleasant listen.

ARTIST OF THE YEAR This one's going to Bublé. With six nominations, the Juno voters clearly think Bublé's a step above the rest. And he's also the only nominee to appear on Oprah this year. That feat alone deserves an award.

GROUP OF THE YEAR I want Metric to win. Their haunting new wave-ish Fantasies is their

best effort since 2003's *Old World Underground* and it's far better than Hedley's juvenile pop-punk or the Hip's tired beer rock. However, Billy Talent's hard-hitting third record, will win.

NEW ARTIST OF THE YEAR This category is really between two people — Drake and Justin Bieber. The former is the hottest rapper in hip-hop; the latter is the biggest star in the pop world. It's too close to call, but I'd like to see Drake win. Bieber will sweep the Junos in 2011.

ALTERNATIVE ALBUM OF THE YEAR Metric will win this one, but I think the Handsome Furs' *Face Control* is the best of the bunch. It's gritty, catchy indie rock and easily one of the top al-

bums of 2009.

POP ALBUM OF THE YEAR This category belongs to Bieber. Whether you like him or not, his saccharine pop melodies are a lot better than Hedley's.

ROCK ALBUM OF THE YEAR Billy Talent for sure. If Nickelback wins though — for 08's *Dark Horse* — I'm turning the Junos off.

RAP RECORDING OF THE YEAR Tough to call. K'Naan's *Troubadour* wasn't just a fantastic album, he's become an international sensation. Drake has two chances to win this category though and with his popularity soaring, he's going to take the prize.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic.

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Jane Lynch and her longtime girlfriend are engaged, usmagazine.com reports. Lynch, 49, confirmed her plans to get married on Saturday. The couple hasn't set a date for the wedding. **TVGUIDE.COM**

Glee sings its way to glory

Classic tunes behind TV musical comedy's success

Glee, the award-winning musical comedy about a misfit high school show choir, might be doing more for music than its fellow Fox juggernaut, American Idol.

In its first 13 episodes, Glee treated viewers to covers of songs by Neil Diamond, Rihanna, Kanye West, Barbra Streisand, Beyoncé, Queen, Liza Minnelli and more.

The music from Glee is a huge success in its own right, with more than 4 million digital downloads sold and two soundtracks already certified gold.

A nationwide tour, Glee Live, featuring key members from the show's cast, kicks off in May and has sold out, and the show is boosting sales for the original artists behind the songs. Its stars are even featured on the current issue of Rolling Stone.

When the hourlong hit returns tonight for a nine-episode run, expect twice the tunes per show and even more mash-ups and



Glee, the hit television musical comedy, returns tonight for the first of nine episodes.

musical diversity.

"Every possible musical style and taste is going to be in there," says Glee co-creator Brad Falchuk. "It doesn't matter what you like — you're going to find what you like and stuff you never heard of that you'll love."

But the commercial success of the Glee songs was-

n't a reason for the boost, he says. Instead, the decision was made because the music greatly enriches the show by giving viewers an emotional understanding of what the characters are going through.

Falchuk says he and fellow show creators Ryan Murphy and Ian Brennan

intentionally upped the number of songs to a minimum of five per episode for the balance of the first season (three to five had been the norm).

This season, the characters will express their joy and frustrations through the songs of acts like AC/DC, the Beatles, Lionel Richie, Olivia Newton-John and Madonna.

In fact, Madonna gets her own entire episode — a tribute to the Material Girl packed with 10 songs, seven of which appear on a separate soundtrack, Glee: The Power of Madonna, set for release April 20.

The dozen actors comprising McKinley High School's New Directions glee club sing several songs each episode, while other stars — including caustic cheerleader coach Sue Sylvester (Jane Lynch), cranky football coach Ken Tanaka (Patrick Gallagher) and neat-freak guidance counsellor Emma Pillsbury (Jayma Mays) — chime in from time to time.

THE ASSOCIATED PRESS

Glee returns tonight on Global

DVD picks

Defendor

Director: Peter Stebbings

LOOK UP IN the sky! Is it Kick-Ass? No, it's Defendor, arriving on DVD before its like-minded rival hits the big screen on Friday.

Woody Harrelson has rarely looked better and Hamilton has never seemed so heroic, in this comic-book drama of a duct-taped vigilante out to wipe the grime off his filthy city.

As the eponymous Defendor, a non-superhero decked out in tight, shoe polish and other dollar-store dressings, Harrelson's character risks both beatings and smirks.

He's prowling the streets searching for Captain Industry, the man he's convinced killed his mom.

In real life he's Arthur Poppington, civic employee, and he has a perilous grasp on reality at the best of times, as his psychiatrist (Sandra Oh) knows all too well. Yet Defendor is as sane as any other costumed avenger. And you've got to admire his bravery and essential de-



agency that survives even when it seems he may not.

He befriends a junkie prostitute (Kat Dennings) and makes an enemy of a corrupt cop (Elias Koteas).

Vancouver writer/director Peter Stebbings makes an impressive feature debut with an idea that reflects its comic-book inspiration in look and tone, yet still qualifies as a serious and occasionally touching character study. Extras include deleted scenes and a commentary by Harrelson and Dennings.

Peter Howell/for Metro Canada

critics'corner

Hockey Night in Canada on CBC: Stanley Cup Countdown

Host Ron MacLean and analysts Mike Milbury, Kelly Hrudey and P.J. Stock are on hand to kick off the NHL postseason with a look at the upcoming conference quarterfinal series. The action begins tomorrow and ends, of course, with the Stanley Cup Finals in late May. 8 PM on CBXT



Parenthood

Adam tries to spend more time with his family but finds that even more challenging than he had feared. Sarah's relationship with Mr. Cyr exceeds her expectations. Kristina and Julia re-evaluate their career choices in the new episode "What's Goin' On Down There?" 8 PM on CKEM; 11 PM on KHQ

NCIS: Los Angeles

A petty officer's death leads the team to a teenager in Sam's life who may have a connection to terrorist activity. Hetty is concerned about the effect that the workload has on the team in "Breach." 10 PM on KREM

Polytechnique walks away with 9 Genies

AWARDS Polytechnique, director Denis Villeneuve's look at the 1989 Montreal Massacre, swept the 30th annual Genie Awards last night.

The film received nine awards from the Academy of Canadian Cinema & Television, including best motion picture, directing, and screenplay.

Polytechnique actress Karine Vanasse received the best actress Genie during the award presentation in Toronto.

Dawson Creek alumnus Joshua Jackson took home the award for best performance by an actor for his work in the road movie One Week.

Also receiving a Genie was Kari Skogland, who earned the screenplay prize for Fifty Dead Men Walking. Jackson was among the presenters at the ceremony. Others on hand to mark the three decades of the Genies were actors Gordon Pinsent and Scott Speedman.

A number of special awards were presented at last night's ceremony, including the Claude Jutra Award, which was given to first-time Quebec director Xavier Dolan.

METRO NEWS SERVICES

| ED | C | B | S | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---------------|-----|--------|---------|--|-----------------------|--|-----------------|--|------------------------|---|----------------------------|-------------------------|
| prime time | 2 | CFRN | 239 318 | Lost (HDTV) (N) | | Law & Order: SVU | | American Idol (HDTV) | | Big Bang Th | | CTV News |
| | 3 | KHQ | - 370 | News (N) | Millionaire | Jeopardy! (N) | Wheel Fortune | The Biggest Loser Two contestants win a new car. (N) | | | | Parenthood (N) |
| | 4 | CBXT | - 307 | Wheel Fortune | Jeopardy! (N) | HNIC-Stanley Cup Countdown | | Laughs | Comedy Fest. | CBC News: The National | | The Hour |
| | 6 | KREM | - 372 | News | Access H. | The Doctors (N) | | NCIS: 'Child's Play' | | NCIS: Los Angeles | | The Good Wife |
| | 7 | CKEM | 241 347 | Law & Order: Special Victims | Parenthood (HDTV) (N) | The Good Wife (HDTV) | | The Biggest Loser Two contestants win a new car. (N) | | | | EP Daily |
| | 8 | CTV | 240 339 | ET Canada | Entertainment | | | NCIS: 'Child's Play' | | ET Canada | (10:28) Glee 'Hell-o' | |
| | 11 | OMNI | - | - King | The Simpsons | Omni News: S. Asian Edition | | Omni News: Cantonese Edition | | Two/Half Men | Two/Half Men | Metropia |
| | 13 | KXLY | - 371 | 4 News at 6 | 4 News at 6:30 | Entertainment | The Insider (N) | Dancing With the Stars | | Lost (HDTV) (N) | | (11:02) V (N) |
| | 16 | KAYI | - 373 | The Office | Raymond | Two/Half Men | Two/Half Men | American Idol (HDTV) | | | (10:28) Glee 'Hell-o' | |
| | 22 | KSPS | - 374 | PBS NewsHour (N) | | NOVA (N) | | Survival A radical plan in Niger. | | Frontline (N) (DVS) | | Independent |
| news | 24 | WTVS | - 364 | 400 Years of the Telescope | Frontline (N) (DVS) | | | Foot in Grave | After You | Tavis Smiley | Charlie Rose (N) | |
| | 15 | CBSCN | 502 | - CBC News: The National | | CBC News: the fifth estate | | CBC News: The National | | CBC News: The National | | fifth estate |
| | 21 | TWN | 505 398 | (5:30) EarthWatch One | | EarthWatch One | | EarthWatch Two | | | | |
| | 22 | CNN | 500 500 | Larry King Live (N) | | Anderson Cooper 360 (HDTV) (N) | | | | Larry King Live | | Cooper 360 |
| | 23 | CTV | 501 391 | CTV News Tonight | | CTV News | CTV News | CTV News | CTV News | CTV News | CTV News | CTV News |
| | 54 | BNN | 504 508 | Squeeze Play | | Business News | Commodities | Market Call Tonight | | Headline | Commodities | Squeeze Play |
| | 70 | TSN | 400 400 | Stanley Cup Playoff Preview | | SportsCentre (HDTV) (Live) | | Off the Record | | Boxing Estrada vs. Orlando Lora. (HDTV) | | |
| | 23 | net | 408 418 | MLB Baseball | | Sportsnet Connected (N) | | Best Damn Top 50 Special | | Sportsnet Connected (N) | | MMA Conn |
| | 47 | SPEED | 417 405 | Monster Jam (HDTV) | | Dangerous Drives (HDTV) | | Pass Time | NASCAR Hub | Race in 60 (HDTV) | | Monster Jam |
| | 94 | SCORE | 410 403 | NBA Basketball: Celtics at Bulls | | NBA Basketball: Denver Nuggets at Phoenix Suns. (Live) | | | | | | Score Now |
| family | 9 | EDACC | 267 351 | Alberta Primetime (Live) | | (8:02) V 'John May' | | Dancing With the Stars | | The Middle (N) | Old Christine | Primetime |
| | 14 | TVY | 552 543 | iCarly | To Be Indie | iCarly | Scorpion | Malcolm-Mid. | Hates Chris | 8 Simple Rules | What I Like | Family Biz |
| | 17 | TREE | 553 546 | Franklin | Babar | Little Bear | Toopy & Binoo | Max & Ruby | Dragon (DVS) | Backyardigans | Ni Hao, Kai-lan | Go, Diego, Go! |
| | 42 | TOON | 555 545 | Jimmy Two | Johnny Test | Johnny Test | Total Drama | Total Drama | 6TEEN | Futurama | King of the Hill | American Dad |
| | 45 | FAM | 557 541 | Han. Montana | Wizards-Place | Sonny Chance | Suite Life | Overruled! | Han. Montana | Wizards-Place | Latest Buzz | Ned's School |
| | - | TV | 121 714 | TVA nouvelles | Le Cercle (SC) | La Fievre de la danse (SC) | | Caméra Café | Taxi 0-22 (SC) | La Grande Evasion | | TVA nouvelles |
| | 18 | CMT | 575 583 | According-Jim | According-Jim | Home Improve. | Home Improve. | Meet-Wilsons | Wilsons | Amer. Funniest Home Videos | | Reba |
| | 25 | A&E | 615 520 | Criminal Minds (HDTV) | | CSI: Miami (HDTV) | | CSI: Miami (HDTV) | | (10:01) Criminal Minds | | Criminal Minds |
| | 26 | MMM | 571 581 | mmtop10.ca | | HammerTime | Gimme Sugar | G. Simmons | Wild 'n Out | HammerTime | Gimme Sugar | G. Simmons |
| | 29 | FOOD | 603 561 | Chef Abroad | Chef Abroad | Chefs vs. City | | Restaurant Makeover | | Diner, Drive-In | Unwrapped | Dinner Imposs. |
| cable variety | 31 | SHOW | 617 522 | Trailer Park | Trailer Park | Relic Hunter | | All the Good Ones Are Married (2007, Drama) | | | | Californication |
| | 32 | DISC | 520 505 | Destroyed | Destroyed | Swamp Loggers (N) | | Daily Planet | | Egypt Unwrapped | | Swamp Log. |
| | 33 | SLICE | 601 562 | Party Mamas | Wedding SOS | Wedding SOS | Wedding SOS | ET Canada | Whatever | Real Housewives OC | | Housewives |
| | 34 | W | 602 567 | This House | House-Sell | Supernanny | | Style by Jury | Grocery Bag | Beauty Call | Style by Jury | Look Good |
| | 35 | TLC | 521 560 | 19 Kids-Count | 19 Kids-Count | Chocolatiers | Chocolatiers | The Man With Half a Body | | 19 Kids-Count | 19 Kids-Count | Chocolatiers |
| | 36 | BRAVO | 520 523 | Chantal - Live | | Spectacle: Elvis | | Law & Order | | Without a Trace | | Top Banana |
| | 38 | SPIKE | 628 584 | Deadliest Warrior (HDTV) | | Deadliest Warrior (HDTV) | | UFC Unleashed | | DEA Busting up a stash house. | | Deadliest |
| | 49 | AMC | - | (6:30) Spaceballs (1987) | | (8:15) Ferris Bueller's Day Off *** | | (1986, Comedy), Mia Sara | | | (10:45) Spaceballs | |
| | 40 | HIST | 522 506 | Pawn Stars (N) | Pawn Stars (N) | Nostradamus Effect | | Ancient Weather (HDTV) | | Lost Worlds | | Lost Worlds |
| | 41 | COM | 626 547 | Just for Laughs | | Air Force | 22 Minutes | Corner Gas | Name Is Earl | The Simpsons | South Park | Fit-Conchords |
| cable variety | 43 | SPACE | 627 528 | Medium (N) | | Fringe (HDTV PA) | (N) | InnerSpace (N) | Stargate SG-1 | | Star Trek: Next Generation | |
| | 44 | WPCH | 624 650 | Law & Order: Special Victims | | Seinfeld | Name Is Earl | The Wood *** (1999, Drama) | Omar Epps, Taye Diggs. | | | The Wood |
| | 46 | OLN | 411 457 | Oper. Repo | Oper. Repo | Ghost Hunters | | Destination Truth | | Oper. Repo | Oper. Repo | Ghost Hunters |
| | 48 | TROP | 619 525 | End of Leash | Last 10 | The Celebrity Apprentice (N) | | | | Dog Whisperer | | End of Leash |
| | 50 | STAR | 621 527 | The View (HDTV) (N) | | The Dr. Oz Show (N) | | TMZ | etalk | Access H. | Extra | Dr. Oz Show |
| | 52 | HGTV | 600 564 | Sarah's House | Genevieve | House Hunters | House Hunters | Holmes on Homes | | Sarah's House | Genevieve | Outdoor Room |
| | 65 | TLN | 700 800 | David Rocco | Caritas | George Lopez | George Lopez | Lopez Tonight | | Raymond | Raymond | Paid Program |
| | 42 | APTN | 269 550 | Fish Out of | Mixed Blessing | Cashing In (N) | Rabbit Fall | Blackfly | Moose TV | Rez Rides | MYTV | Moccasin Flats |
| | 93 | VISION | 261 394 | Quantum Leap | | Unscripted (N) | Crazy for Love | Pollergest: The Legacy | | Cuba *** (1979, Adventure) | | 16-Pregnant |
| | 100 | MTV | 581 566 | (6:30) 16 and Pregnant | | 16 and Pregnant (N) | | After | MTV Live | Taking, Stage | My Life as Liz | Love Court |
| cable variety | 101 | MM | 570 580 | disBand | | Muchmusic Countdown | | UR11 | | Gossip Girl (HDTV) | | Love Court |
| | 102 | CPAC | 512 396 | (6:30) Primetime Politics | | Revue | | Question Period | | Prime-Politics | Primetime Politics | |
| | 103 | VIVA | 526 507 | Medium | | Cold Case | | Psychic Inv. | Encounters | Judging Amy | | Missing 'Cul' |
| | 106 | RLJ | 126 730 | The T&J Journal (SC) | | RDI économie | Le National | Le T&J Journal (SC) | | 24 Heures en 60 minutes | | Le T&J Journal |
| | 161 | SUPER | | True True Lie (2006, Suspense) Jaime King. | | (8:45) Lies & Illusions (2009, Suspense) | | | | | | Horsemen (2009, Horror) |

Shakira visit Haiti

Colombian pop star Shakira is meeting with Haitian earthquake survivors living in makeshift camps and she says she is searching for suitable land to build a school for needy children. **METRO NEWS SERVICES**



Meryl Streep

Streep joins Academy of Arts & Letters

HONOUR ROLL Meryl Streep has another academy to thank.

The star of films such as *Sophie's Choice* and *Julie & Julia* has been named an honorary member of the American Academy of Arts and Letters, an elite club that includes Toni Morrison, Stephen Sondheim and Jasper Johns. Not even two Oscars, seven Golden Globes and a lifetime achievement prize from the American Film Institute prepared Streep for this.

"I have to say that I was stunned, and when they sent me the roster of people in the academy I just burst into tears," Streep said. **THE ASSOCIATED PRESS**

Hit Girl shows fighting spirit

13-year-old Moretz dismisses controversy over Kick-Ass role

PHIL BROWN
for Metro Canada

You might not know the name Chloë Moretz right now, but all of that will change very soon.

The 13-year-old actress already has more than 30 film and television credits to her name, but her breakout role comes this week in the soon-to-be cult classic *Kick-Ass*.

In that tale of would-be super-heroes, Moretz plays Hit Girl, a pint-sized assassin whose father (Nicolas Cage) quickly moved her from potty training to fight training, turning her into one of the deadliest women in the world at 11 years old. It's the type of role that doesn't come along often for such a young actress and one that is sure to bring Moretz plenty of

fame and notoriety.

For Moretz, the road to Hit Girl started in the summer of 2008.

"I saw all the posters for *Wanted* and even though I wasn't allowed to see the movie, I knew I wanted to do an action movie like Angelina Jolie. So, I told my

mom that I wanted that kind of role," Moretz told Metro.

Luckily for the young actress a screenplay was floating around for Mark Millar's then unpublished comic book series *Kick-Ass* that needed a little girl to beat up henchmen and let off a few explosions.

Moretz and her family fought for the role and she was lucky enough to be cast in the film a mere few months after she had been admiring Angelina Jolie's posters. From there, the serious preparations for the role began.

"I did about six months of fight training," revealed

the actress. "I went to the Toronto circus school. I worked at tumblers. I worked with martial artists and marines. It was pretty crazy, but I'm a ballerina and a gymnast so I'm used to it."

All the work clearly paid off as Moretz dominates some of the most giddily violent action scenes in recent memory.

Unfortunately, not everyone has been thrilled by Moretz's performance as Hit Girl. Since the film premiered in Britain a few weeks ago, controversy has built up around the role, with a variety of journalists claiming that having such a young actress involved in violent scenes is incredibly irresponsible.

The issue doesn't really seem to bother Moretz however, who dismisses the critics.

"It's just a film. We all knew what we were doing and everything that I did in the film was in the script," Moretz said.



Chloë Moretz, right, dishes out the action as Hit Girl in *Kick-Ass*.

Kick-Ass opens in theatres Friday

BASED ON THE WORLDWIDE BESTSELLER

"This dynamite thriller shivers with suspense.
IN A WORD, WOW!"

Peter Travers, Rolling Stone

"Rapace's haunting, enigmatic Lisbeth leaves you eager
for the next two installments.
SHE'S FANTASTIC, AND SO IS THE MOVIE."

Rene Rodriguez, The Miami Herald

the GIRL with the DRAGON TATTOO

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HEROINE SINCE 'NIKITA'."

Empire

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—PEOPLE



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(ALLIANCEFILMS.COM)



Heather Mills' father has begged his estranged daughter to get back in touch with him, femalefirst.co.uk reports. Mark Mills has not spoken to the charity campaigner for 25 years and is desperate to be reunited her. **METRO NEWS SERVICES**

Celebrity Buzz

Oprah, Tesh dated in the mid-1970s

PERHAPS HE CAN WRITE HER A BAD LOVE SONG ON HIS PIANO Long before she was a billionaire media mogul romantically linked to Stedman Graham, young Oprah Winfrey reportedly had a different boyfriend: John Tesh, usmagazine.com is reporting.

In a new, unauthorized Winfrey tell-all, celebrity biographer Kitty Kelley claims that Winfrey and the one-time Entertainment Tonight co-host were lovers who shared an apartment in Nashville, Tenn., in the mid-1970s.

According to New York's Daily News, an excerpt from the book reveals that Tesh, now 57, abandoned Winfrey, now

56, because of the intense "social pressure" of their interracial romance.

"(He) couldn't take it anymore ... He walked out in the middle of the

night ... he told me he later felt very guilty about it," a Tesh source told Kelley in the book.

The pair both had broadcast TV jobs in Nashville at the time. Tesh, now a New Age musician and syndicated radio host, appeared on the 10th anniversary of Winfrey's show, when Winfrey claimed that they had simply shared a "platonic dinner date."

Another topic explored in Kelley's book: speculation about Winfrey's relationship with friend Gayle King. "I know people are expecting me to 'out' her," Kelley tells USA Today. "But I think she's just asexual. She's poured all of her energies into her career. And if she is, she is never, ever going to come out. So relax, people."

METRO NEWS SERVICES



Paris dumps Reinhardt

I GUESS HE WASN'T HOT ENOUGH FOR HER Paris Hilton has reportedly split from Doug Reinhardt, femalefirst.co.uk reports. The socialite reportedly called time on their 14-month romance recently, despite speculation they are planning to marry. A source said: "Obviously she broke up with him."

Hilton, 29, was seen partying in Las Vegas last weekend and Reinhardt was reportedly planning to fly out to see her on his way back from a family holiday to Aspen, but decided not to at the last minute.

The source added to E! Online: "He was in Aspen with his dad this

week-end and was

considering stopping by Vegas on the drive back, but changed his mind.

"I'm pretty sure that's why he went to Aspen ... to hide out and try to get over her."

Hilton chose to spend time with her parents, Kathy and Richard, at the weekend and even went clubbing in Vegas with them.

She tweeted: "Just packing my bags, going on a trip with my parents for a few days. I love spending time with my family, we have the best time ..."

METRO NEWS SERVICES



Pregnancy stressed Tiger

WOODS' PILLOW TALK GETS PERSONAL Devon James, the 15th confessed mistress to come forward about having an affair with Tiger Woods, says the golf great confided in her that wife Elin Nordegren's 2007 pregnancy left him feeling stressed, according to Rush &

Molloy. "He told me he wasn't happy at home. He

said that he was frustrated and depressed, that his wife didn't sexually satisfy him, that he wasn't attracted to her very much anymore," James says.

"He told me the only two things he cared about are golf and sex."

METRO WORLD NEWS



Miller, Law engaged

JUST KEEP HIM AWAY FROM ANY NANNIES YOU HIRE Sienna Miller and Jude Law's reconnection seems to be working, as the pair are reportedly once again engaged to be married, according to the Daily Mail. Miller was recently spotted wearing the engagement ring Law gave her the first time he proposed in 2005 — only it wasn't where it should be. "They do not want to make the engagement official, which is

why Sienna is wearing the ring on the wrong hand," a source explains.

"They are keeping it secret, but are very happy and really hope it's going to work out. Jude has been to visit Sienna's parents and her sister Savannah and has worked hard to redeem himself."

METRO WORLD NEWS



Lohan gets sweaty

DANCING UP A STORM

Lindsay Lohan had so much fun dancing at the recent Nylon magazine 11th anniversary party in Hollywood that she sweat-

ed through the flesh-colored studded mini dress she was wearing.

Luckily, she had a backup on hand and quickly changed into a black-and-white number an hour later, according to Page Six.

"People were confused," a source says of the quick change.

METRO WORLD NEWS



Boyle looking for love

GETTING TURNED DOWN BY A SENIOR HAS GOT TO HURT

Susan Boyle is adjusting to fame and the success, and is now focusing on finding love, she confesses during an Australian TV interview. "I go on looking."

Some day my prince will come. But I have never been in a better place. It's absolutely brilliant for me right now," Britain's Got Talent sensation says.

The 49-year-old admits she recently asked out a fellow churchgoer, 66-year-old Helmut Glaser, but he turned her down because he thought she was too old.

METRO WORLD NEWS



McCarthy split shocks Hef

IF ANYONE KNOWS ABOUT MONOGAMY IT'S HUGH Count Hugh Hefner as one of many who were surprised by Jenny McCarthy and Jim Carrey's recent split, people.com reports.

"I don't think any of us saw it coming. From the outside looking in, it looked

like a magic couple," the Playboy founder told People. "I thought she found the right one."

Hefner has not spoken to McCarthy, 37, a former Playboy centerfold and 1994's Playmate of the Year, since the split, but is confident she will be fine, saying, "She's a strong person."

METRO NEWS SERVICES



Follow these celebrities on Twitter...

CelebTweets

AIMEE MANN isn't impressed with Ice-T's acting, **ICE-T** isn't impressed with Aimee Mann in general, **AMANDA BYNES** is easily entertained, and **TOM HANKS** is star-struck.

@aimeemann Christ, there is no reason in the world anyone should ever have cast Ice T in a television show
@FINALLEVEL Hey @aimeemann stop worrying bout my acting b-ch, and worry about your WHACK ass music.
@amandabynes twitter is currently my favorite source of entertainment.

@tomhanks Cool job. Evidence: phone call from PAM GRIER!

METRO NEWS SERVICES



No sex life, no problem for Gaga

ALL THE COOL KIDS ARE INTO CELIBACY Lady Gaga admits she's going without sex at the moment, according to the Daily Mail.

While promoting a new line of Mac lipstick that benefits HIV and AIDS prevention, the pop singer divulged that she's currently abstaining, saying, "I'm single right now and I've chosen to be single because I don't have the time to get to know anybody. So it's OK not to have sex, it's OK to get to know people. I'm celibate. Celibacy's fine."

METRO WORLD NEWS

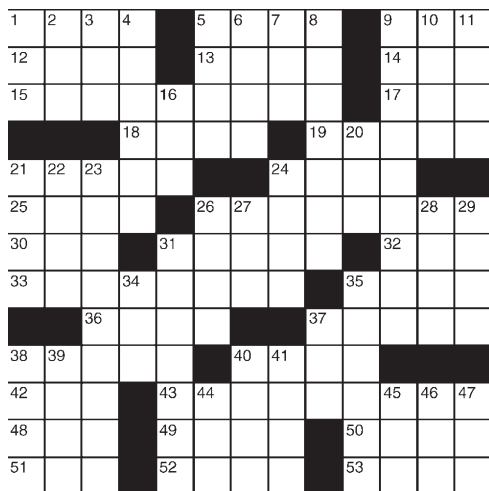




Michele McDougall, Weather Specialist & Host - Breakfast Television

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**

Take Five



ACROSS

- 1 Cavern phenomenon
- 5 Detail, for short
- 9 Hooter
- 12 Mentor
- 13 Calendar quota
- 14 — constrictor
- 15 Stubborn
- 17 Tackle moguls
- 18 Tress
- 19 Old hat
- 21 React to a pun
- 24 Rickey flavoring
- 25 Red rock
- 26 Shun liquor
- 30 Officeholders
- 31 Aegean island
- 32 Geneticist's stuff (Abbr.)
- 33 Miscellaneous remnants
- 35 Abysses
- 36 Predetermines the outcome
- 37 Permissible
- 38 Quark-binding particle
- 40 Adolescent
- 42 Common Mkt.

- 43 Hurdles
- 48 Profit
- 49 Equine coloration
- 50 Relaxation
- 51 Curvy character
- 52 Taj Mahal city
- 53 "Clue" weapon

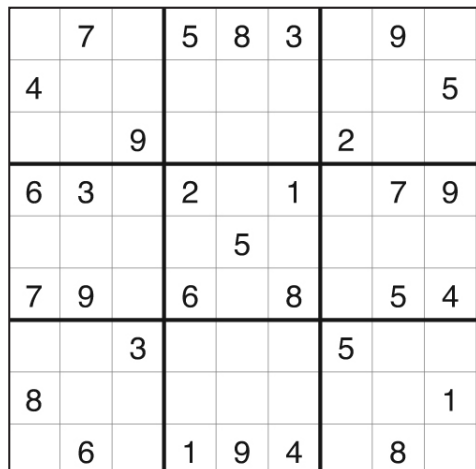
DOWN

- 1 Id counterpart
- 2 Young lion
- 3 Day fractions (Abbr.)
- 4 Expenditure
- 5 Harmonization
- 6 Pinnacle
- 7 Dine on
- 8 After-movie listings
- 9 Of childbirth
- 10 Stopped sleeping
- 11 Deposited
- 16 "And — the opposite shore will be"
- 20 I love (Lat.)
- 21 Crossword diagram, e.g.
- 22 Mysterious character
- 23 Blocks
- 24 Some summer babies
- 26 Body art, for short
- 27 Ostrich's cousin
- 28 Opposed to
- 29 Final
- 31 Mrs., in Milan
- 34 Brazilian resort city
- 35 Lobster claw
- 37 Meadow
- 38 Kelly or Autry
- 39 Dregs
- 40 Despot
- 41 Sicilian volcano
- 44 Marshy area
- 45 "The Circus of Dr. —"
- 46 Kreskin's claim
- 47 Catch sight of

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

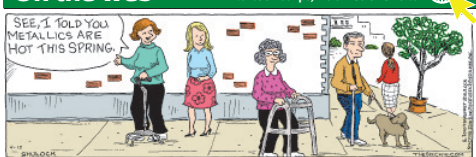


PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| V | R | E | O | S | S | E | P | A | W | S | 4 | 2 | 9 | 6 | 1 | 8 | 7 | 5 | 3 |
| V | E | R | B | A | T | I | M | O | B | I | 3 | 1 | 5 | 9 | 7 | 4 | 6 | 2 | 8 |
| A | P | E | R | T | U | R | E | R | E | L | 6 | 7 | 8 | 5 | 2 | 3 | 1 | 4 | 9 |
| S | A | L | E | M | S | I | N | E | S | 9 | 8 | 4 | 7 | 3 | 5 | 2 | 6 | 1 | |
| I | R | A | N | A | P | T | E | R | Y | 7 | 3 | 2 | 4 | 6 | 1 | 9 | 8 | 5 | |
| D | I | M | I | M | O | U | T | A | R | C | 1 | 5 | 6 | 2 | 8 | 9 | 3 | 7 | 4 |
| A | P | R | O | P | O | S | B | L | A | B | 5 | 6 | 3 | 1 | 4 | 2 | 8 | 9 | 7 |
| N | E | C | T | A | R | S | E | T | 2 | 9 | 1 | 8 | 5 | 7 | 4 | 3 | 6 | | |
| E | C | R | U | A | P | P | E | T | I | T | 8 | 4 | 7 | 3 | 9 | 6 | 5 | 1 | 2 |
| S | H | U | N | G | A | R | O | T | E | D | | | | | | | | | |
| T | O | D | D | E | L | Y | M | A | N | S | | | | | | | | | |

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Blue Cheese Ham Wraps

INGREDIENTS:

- 4 flour tortillas
- 12 thin slices deli ham
- 4 thin slices Swiss cheese
- 1 1/2 cups shredded lettuce
- 1 medium tomato, diced
- 2 hard-cooked eggs, chopped
- 4 tsp blue cheese salad dressing

METHOD:

1. On each tortilla, layer a

quarter of ham, Swiss cheese, lettuce, tomato and eggs.

2. Drizzle each with 1 tsp dressing; fold in sides.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You see things in such a clear and logical way, so why can't other people? Whatever the reason you will have to spend time explaining things to them.



TAURUS
APRIL 21-MAY 21
Is money really so important? Could you survive on less? These are the kind of questions you will be asking today, but deep down you know the answers.



GEMINI
MAY 22-JUNE 21
You like a bit of excitement but by the end of the week you will be ready for a rest. The next few days will be full of fun. It's all go!



LIBRA
SEPT 23-OCT 23
You will be on the move today and where you end up is anyone's guess. You will discover things, about yourself and about the world around you.



SCORPIO
OCT 24-NOV 22
Money matters may not be going too well at the moment but over the next few days you will get the chance to put your financial house in order.



SAGITTARIUS
NOV 23-DEC 21
Hold tight because the ride you are about to take will be anything but smooth. Not that you'll care. You are a bit of a thrill seeker anyway.



CANCER
JUNE 22-JULY 22
Take a deep breath before you head out into the world. You will need a great deal of patience today, along with stamina and, of course, a sense of humour.



CAPRICORN
DEC 22-JAN 20
You may look confident to other people but deep down you have fears and worries. Today's aspects will give you the courage to deal with an important issue.



LEO
JULY 23-AUG 23
Some excellent cosmic activity makes this a time of huge potential. However, you must be clear as to your aims and ambitions. You cannot afford to be vague.



AQUARIUS
JAN 21-FEB 18
What happens today may cause you to question some of your most cherished beliefs. Aquarians don't change their views often.



VIRGO
AUG 24-SEPT 22
Get rid of things you don't really need. There are more of these than you appear to realize: things you hang on to for no good reason.



PISCES
FEB 19-MARCH 20
You are desperate to make a name for yourself and you reason that if those with less talent can do it then so can you, all you need is the opportunity.



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